

Ask an Addiction Specialist



Dr.
Bob
Weathers



Plural Recovery:

Helping

Ourselves

Help Each Other



Shame & Blame Paralyze



**Good
Information
Frees**

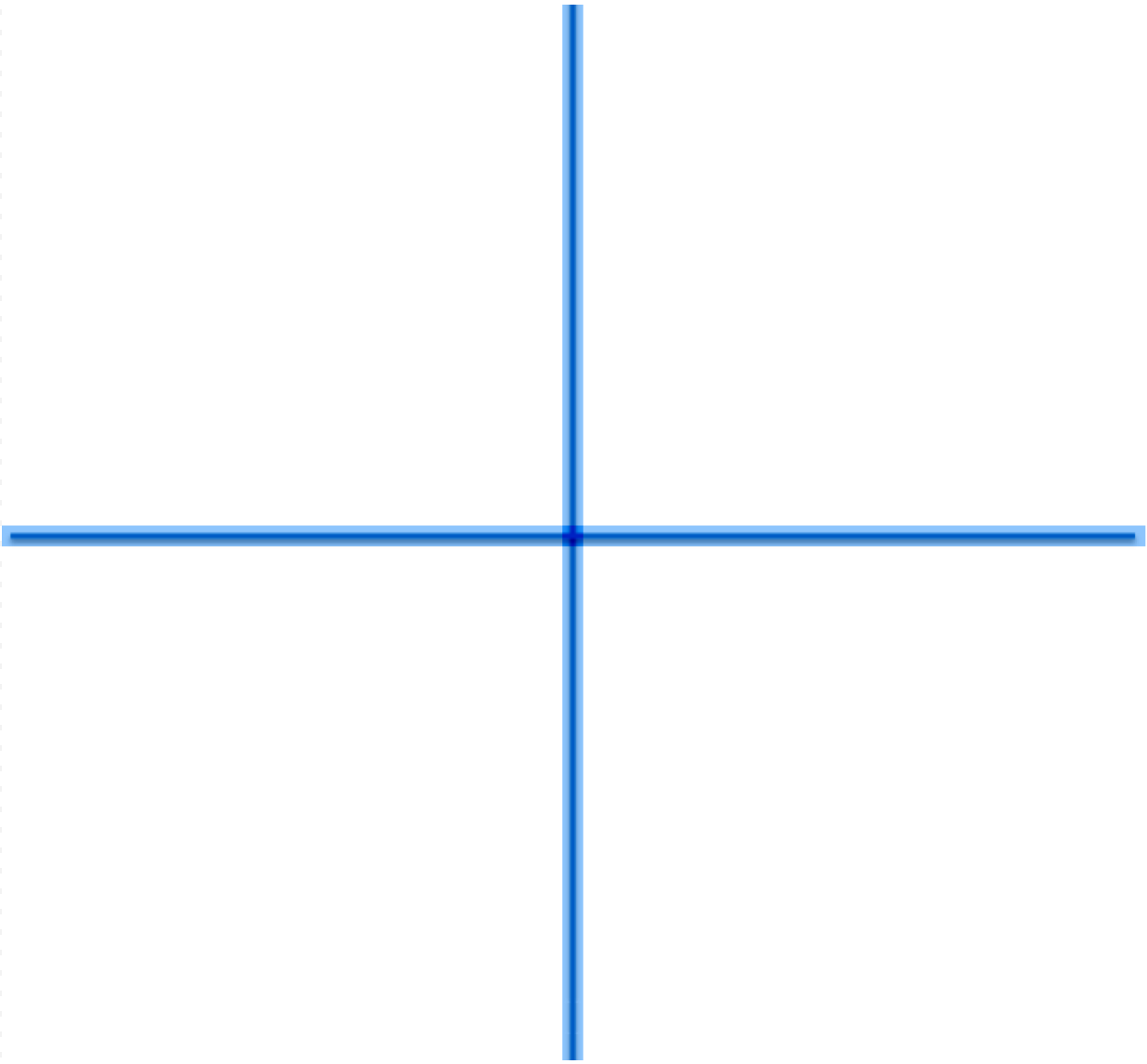


Holistic Treatment for Addiction



Why It Is
Essential to:
Successful,
Sustained
Recovery





**How Do You Think a
Medical Doctor
Defines Addiction?**



**How Do You Think a
Therapist
Defines Addiction?**



**How Do You Think a
Judge
Defines Addiction?**



**How Do You Think an
Addict's Loved One
Defines Addiction?**



How Do

You

Define Addiction?



**Necessary,
But Not
Sufficient**



**My Private
Thoughts
& Feelings**

**My Observable
Behaviors**

**Our Private
Thoughts
& Feelings**

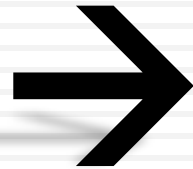
**Our Observable
Behaviors**

Holistic =

Bio-psycho-socio-cultural



Part/Whole Error



Misunderstandings



**Why I Do
What I Do**

What I Do

**Why We Do
What We Do**

What We Do

Next Week:

Holistic Self-Care

Upper Left & Right:
**Thoughts/Feelings/
Behaviors**



Multiple Intelligences



See You Soon!

Further Resources:

www.drbobweathers.com