

Ask an Addiction Specialist



Dr.
Bob
Weathers



Plural Recovery:

Helping

Ourselves

Help Each Other



Last Week:

**Holistic Treatment
for Addiction**

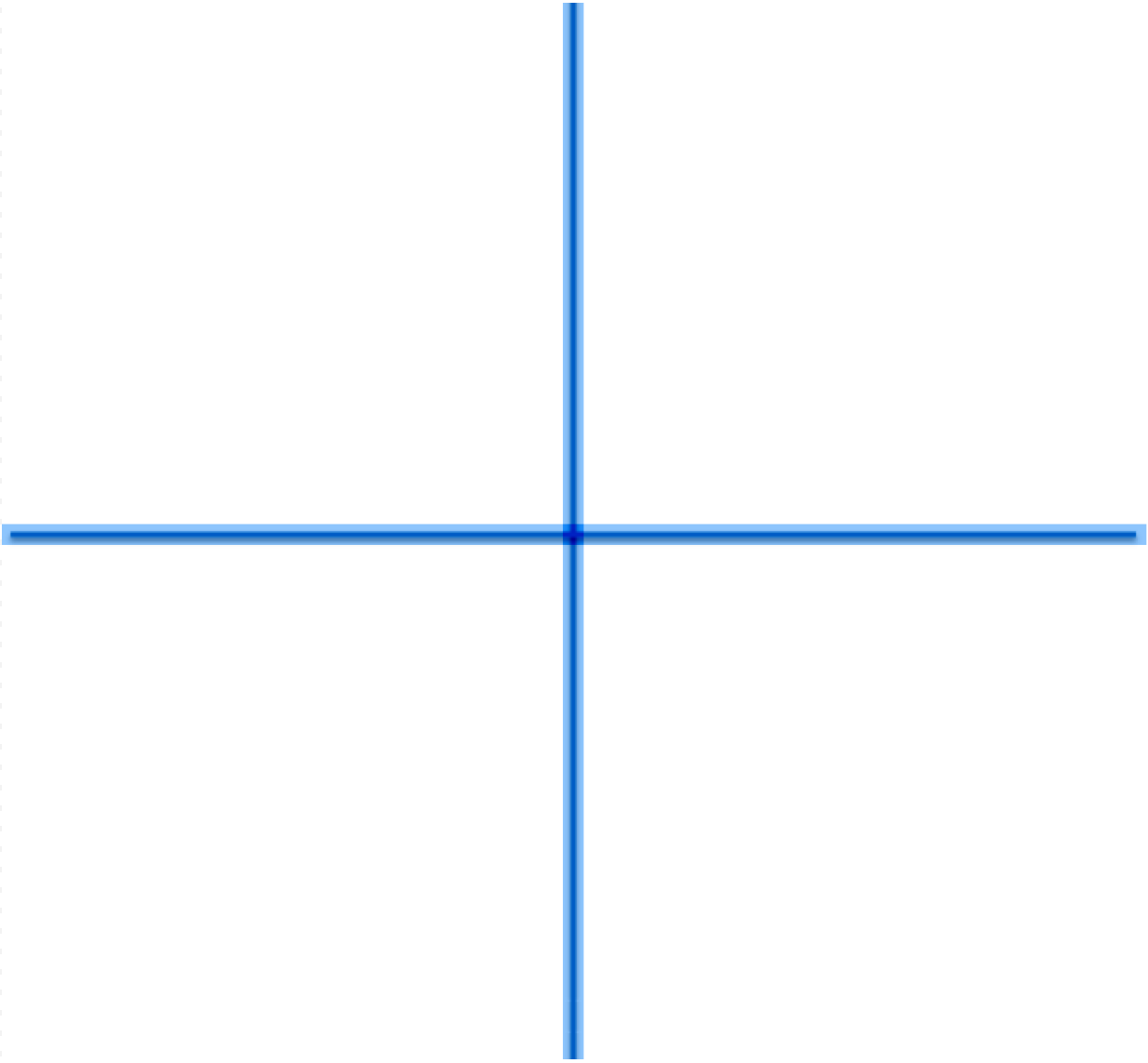


Today:
**Holistic
Self-Care**



Why It Is
Essential to:
Successful,
Sustained
Recovery





How Do

You

Define Addiction?



**My Private
Thoughts
& Feelings**

**My Observable
Behaviors**

**Our Private
Thoughts
& Feelings**

**Our Observable
Behaviors**

**Necessary,
But Not
Sufficient**



**Holistic Self-Care =
Bio-Psycho-
Socio-Cultural**



**My Psychological
& Spiritual Health**

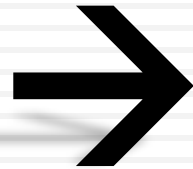
My Physical Health

**My Family & Other
Relationships**

**My Work & Other
Responsibilities**

Holistic Self-Care: All Quadrants

Part/Whole Error



Life Imbalance



**My Psychological
& Spiritual Health**

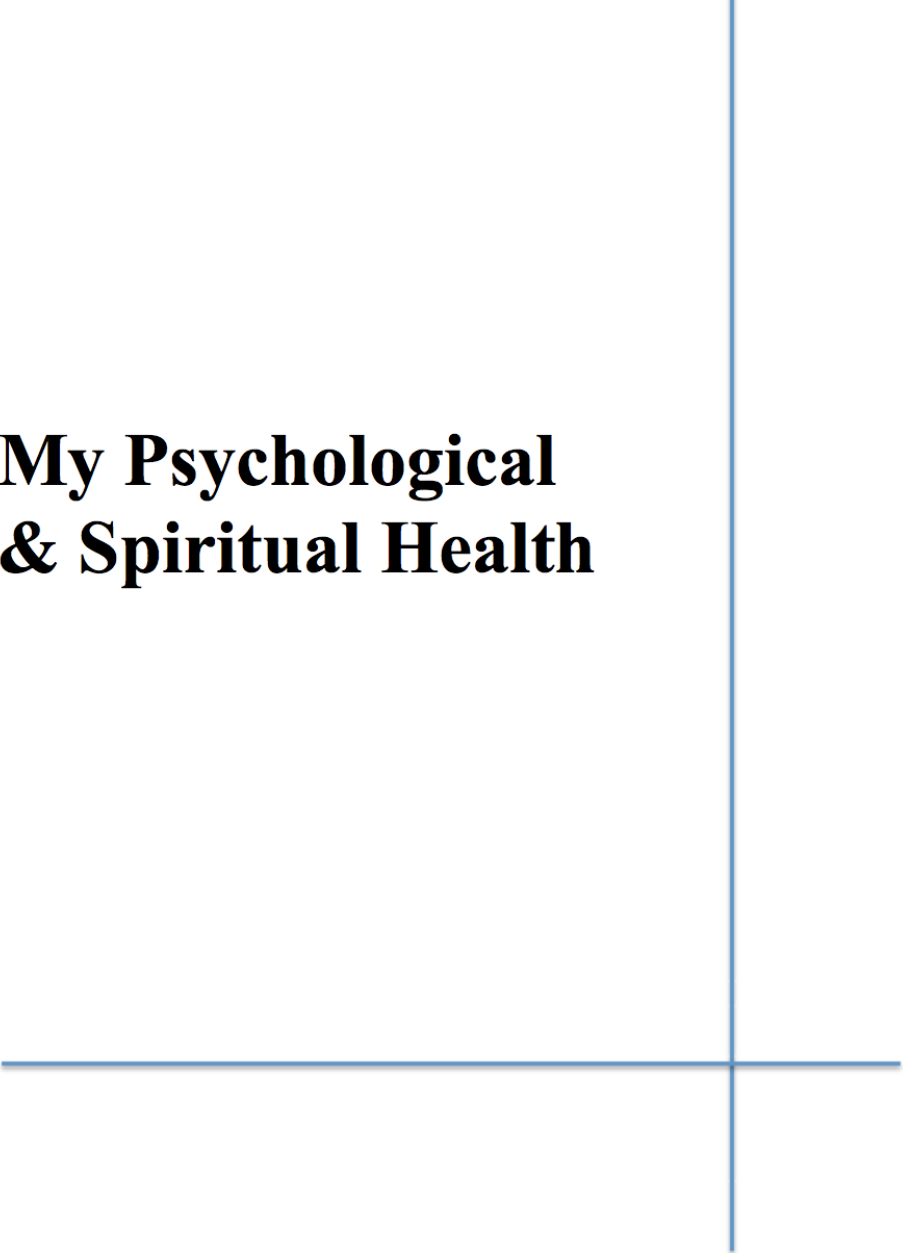
My Physical Health

**My Family & Other
Relationships**

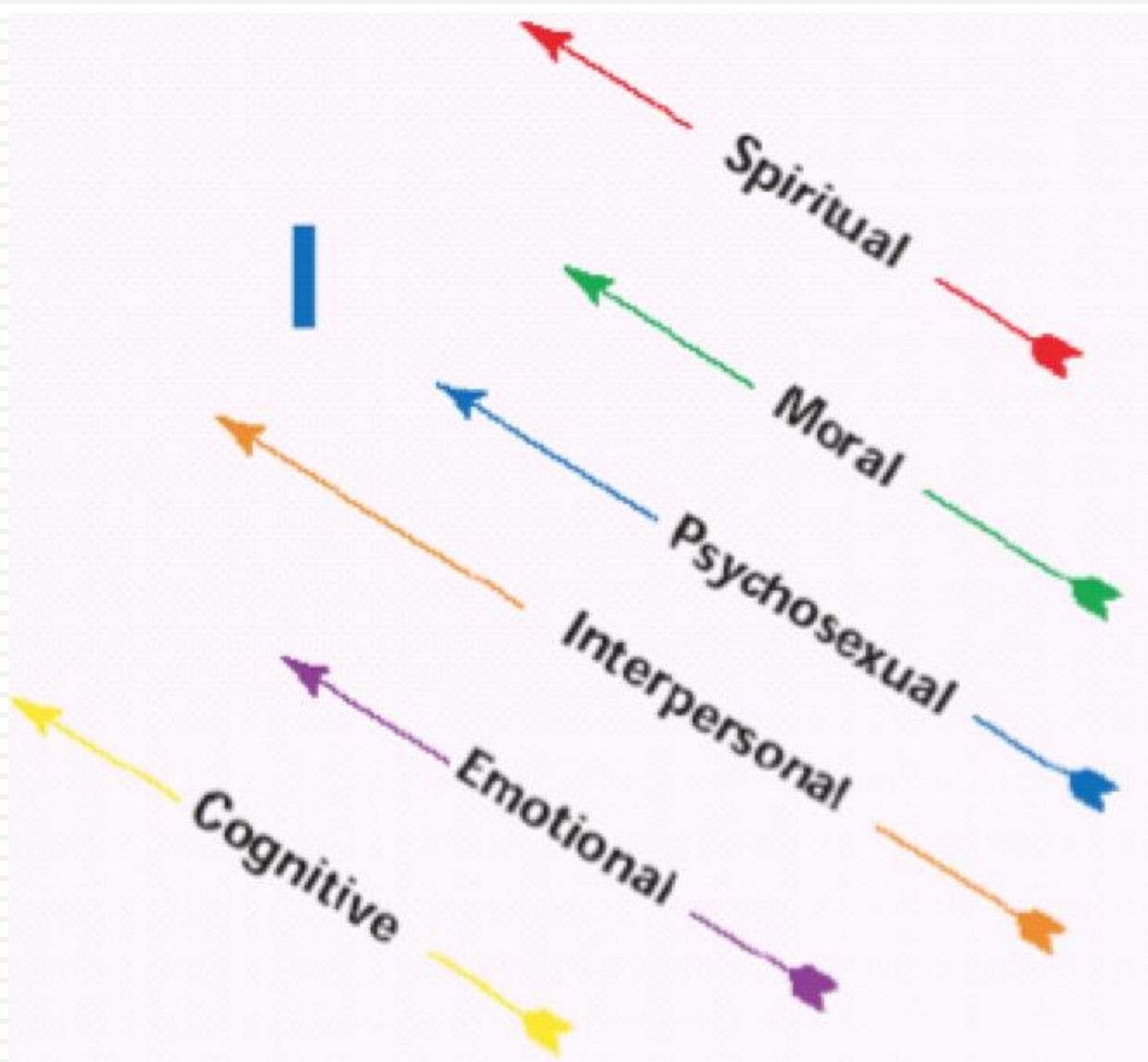
**My Work & Other
Responsibilities**

Holistic Self-Care: All Quadrants

My Psychological & Spiritual Health



Upper Left-Hand Quadrant



Multiple Intelligences

Self-Regulation



Co-Regulation



Next Week:

Forgiveness

Practice



Thanks for Joining!

Further Resources:

www.drbobweathers.com