

CD IOP Program Description

#1

Recovering Family Relationships

Addiction is a family disease. The Crosby Center, Chemical Dependency, Intensive Outpatient Program, is designed to specifically address the entire family by including them in the treatment process.

Each week, one three hour session is dedicated to educating the family about addiction and processing family conflict. Family members learn about the underlying neuro-biology of addiction and gain new understanding of addiction related behaviors. Following each educational session, multi-family group therapy sessions help process past transgressions and create a new foundation for healthy relationships.

The Crosby Center has complete resources available for helping the entire family. Licensed Marriage and Family Therapists, Licensed Clinical Psychologists, Psychiatric referral, Psychological Evaluation, Quantitative Neurological assessment and brain scanning, are all available after assessment and evaluation.

#2

In the Crosby Center, Chemical Dependency, Intensive Outpatient Program, you will address the following aspects of addiction:

Understanding the Neurobiology of Addiction:

Addiction is a very complex brain event. Increase your understanding of how the brain works and arm yourself with the ability to change your brain! Learn how to nurture and grow your brain, to create a more effective you.

Understanding the Change process:

Identify the real problem. Where are you in the change process? Why are you sometimes ambivalent about change? What do you need to do? What is your roadmap for change?

Identifying and Correcting Cognitive Distortions:

How has your thinking been distorted by your drug and alcohol use? Identify how very slight distortions of the truth might greatly add to addictive thought processes and justifications. Develop new coping thoughts to address conflict and your perception of the world.

Learning Healthy Emotional Processing:

Learn to use your feelings to motivate positive changes in your life. Learn techniques for healthy anger management, handling sadness/depression, and coping with anxiety.

#3

Program Description

The Advantage Intensive Outpatient Program is designed for people who want to address chemical dependency issues without disrupting current family, vocational, and social commitments. If you know you have a problem, want to do something about it, and are living in a safe environment, change can happen without the need for a disruptive residential treatment episode.

The Advantage program is based on the idea that change is a natural process that can be facilitated with education, cognitive interventions, and the development of self efficacy. Traditional chemical dependency treatment is often associated with 12 step treatment modalities and "...working the steps". The Advantage treatment program has been developed through a five year collaboration between cognitive behavioral therapists, clinical psychologists, and Certified Alcohol and Drug counselors. The Advantage program focuses on a combination of education and emotional processing to address the thoughts and feelings that drive addictive behaviors.

The program curriculum addresses the following areas:

Understanding the Neurobiology of Addiction:

Addiction is a very complex brain event. Increase your understanding of how the brain works and arm yourself with the ability to change your brain! Thinking about your thinking can change the biology of your brain. Learn about how drugs work in the brain, how emotions, memory, and awareness/attention all are affected by drug use. Learn how to nurture and grow your brain, to create a more effective you.

Understanding the Change process:

Identify the real problem. Where are you in the change process? Why are you sometimes ambivalent about change? What do you need to do? What is your roadmap for change?

Overcoming Rational Defenses:

How do you rationalize drug/alcohol use? Identify subtle defense mechanisms of which you might be unaware. Learn how awareness of rational defenses can help you make changes in behavior. Identify treatment needs through understanding your natural defense mechanisms.

Identifying and correcting Cognitive Distortions:

How has your thinking been distorted by your drug and alcohol use? Identify how very slight distortions of the truth might greatly add to addictive thought processes and justifications. Develop new coping thoughts to address conflict and your perception of the world.

Learning Healthy Emotional Processing:

Feelings motivate behaviors. Learn how to develop awareness of a broad spectrum of emotions. Learn to use your feelings to motivate positive changes in your life. Develop new tools to help you effectively regulate and process emotional states without the use of drugs and alcohol. Learn techniques for healthy anger management, handling sadness/depression, and coping with anxiety.

Relapse Prevention:

Learn a broad range of effective interventions for living a happy, sober life. New coping skills for old situations. New coping thoughts for old scripts. New feelings for old behaviors.

Recovering Family Relationships

Intensive work with family members, including education for them on the disease of addiction, the neurobiology of addiction, and codependency. Additionally, weekly multi-family group therapy sessions help process past transgressions and create a new foundation for healthy relationships. Addiction is a family disease

The program will run on Monday, Wednesday, and Thursday nights from 6:00 pm to 9:00 pm. The Wednesday session will be specifically directed towards family education and family group therapy.