

The Whole Professional Recovery Discovery Program

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Our Program Offers

- Twice-weekly group therapy for eight weeks, helping clients identify their early warning signs, high-risk situations, and addictive thoughts
 - Education about addiction and the progressive nature of relapse
 - Training to enhance skills to identify early warning signs of substance use or abuse.
 - Supervised implementation of an individual Relapse Prevention treatment plan
 - Recovery maintenance throughout the program
 - Early relapse intervention to stop relapse quickly should it occur
 - Monthly Alumni groups to address any relapse prevention issues
 - Recovery support network development
- One and a half hour-long program conducted in early mornings, twice a week, for eight weeks
 - Maximum group number: 12
 - \$1,750/Person for Eight-Week Program
 - Self pay only
 - Aftercare Options
 - + Ongoing Individual Therapy (additional fees apply)
 - + Ongoing Group Therapy (additional fees apply)

Why Group Therapy

Research shows that group therapy conducted by licensed psychotherapists is a powerful therapeutic tool in substance abuse treatment.

Some of the many rewarding benefits you can gain from group thereapy are reduced isolation, a greater sense of connection, and having an opportunity to observe the recovery of other people.

Groups are also helpful in treating challenges such as depression, isolation, and the shame that often accompany substance abuse and other addiction behaviors. These dynamics will help draw you into a culture of recovery.

Eligibility: These groups are for people who are not in physical withdrawal from a substance. Medical treatment is not included in this therapy, although participants can be referred out to medical staff if or when the need arises.

About Whole Professional

Whole Professional is a multidisciplinary, therapeutic practice dedicated to the mental health and well- being of busy, high-performing professionals in the legal, veterinary, medical, finance or other high-stress environments.

With a team consisting of licensed therapists, we provide services in individual and group counseling, addiction and recovery treatment, nutrition, yoga, and recreational therapy.

This holistic approach is designed to address the “Whole Professional,” enabling them to maintain or return to mental health, well-being and maximum performance.

In addition to their mental health expertise, all our therapists have prior experience in the business, legal, and education fields, affording them first-hand exposure to the kinds of pressures a professional may be experiencing.

Upcoming Program Dates

Sessions will be held Mondays and Wednesdays from 8:00am – 9:00am
Eight-week groups will start: October 31 2022; January 9, 2023; March 6, 2023

Week 1: What is Addiction?

Substance abuse is not simply a choice or a moral problem. It is more complex and nuanced than that, and “just saying no” is never enough. We will work with you to understand the biological basis of addiction and why it usually takes much more than good intentions or willpower to break unhealthy patterns.

Week 2: What Does Relapse Look Like?

Did you know that relapse starts well before you actually pick up a drink or a pill? We help you explore your unique warning signs that could lead to relapse so you can avoid having one.

Week 3: Coping Skills

Recovery is more than just stopping use of a substance. We will help you understand the behaviors that have been getting you into trouble and assist you in learning better ways to cope with life’s challenges.

Week 4: A Strengths-Based Approach

We will help you focus on building your resiliencies, talents, and coping skills. In group, we will explore your interaction with others in supportive, trust-based relationships.

Week 5: Sober Support

You can’t recover and maintain your sobriety without a good support system. We will help you find support groups and activities that will help you create your personal support system.

Week 6: Name It to Tame It

Being able to recognize your feelings and control your reactions is important for sobriety. We will teach you how to respond, not react, to your emotions so they don’t derail your recovery.

Week 7: Stress and Anxiety Management

You may be accustomed to dealing with stress and anxiety by using alcohol or drugs. We will help you to figure out the ways stress has affected your habits, and help you to learn strong new coping skills.

Week 8: Moving Forward

You have taken the first, but not nearly the last, step in your recovery journey. We will help you create a plan to successfully move forward.

The best time to get help is as soon as possible.



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YOUR PATH TO RECOVERY

STARTS HERE.

The Whole Professional Recovery Discovery Program

Whole Professional's Recovery Discovery Program is an entirely virtual, eight-week program for people who think they may have the beginning of a substance misuse or abuse problem. You don't have to hit "rock bottom" before treatment can work. That is a dangerous myth. By then the damage can be serious and the road to recovery much harder.

Our program is conveniently scheduled for busy professionals before the start of a workday. It provides a confidential, supportive experience conducted by psychotherapists knowledgeable in addiction and recovery, as well as the underlying issues behind it such as trauma, anxiety, and depression.

Each of the program sessions begins with an overview of topics essential

to successful recovery and concludes with group therapy.

To gain entry to this program, one must commit to the entire eight week program of twice-a-week group sessions. Upon completion of this program, participants will be given priority for scheduling individual therapy or joining a Whole Professional therapy group facilitated by a therapist or a clinician.

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