



COTTONWOOD
tucson

September 2010

Alumni News...

the journey continues

Forgiveness

Forgiveness can seem like a huge undertaking. How do we learn to forgive those who hurt us. How do we forgive the abuse, rage, chaos, lies and harm done to our minds, bodies, and spirits. How can we let go of victimization when we feel that is exactly who we are...victims. Someone knew we were powerless and used it against us. Or maybe it wasn't purposeful and we still got hurt. Either way, how and for that matter why should we forgive. Isn't forgiveness letting them off the hook? From what I've read, heard and experienced forgiveness does not mean we condone, deny, or forget. Forgiveness is totally for us. Forgiveness is a decision only we can make. It is letting go of resentment and thoughts of revenge. The act that hurt or continues to offend us may always remain a part of our lives, but forgiveness can lessen it's grip on us and help us focus on other more positive parts of who we are. Forgiveness is a commitment to a process of change. Before we begin to forgive we have to see how detrimental unforgiveness is. Oh sure it feels good for awhile but it may cause problems for us as we try to recover from our addictions. Once we see how dangerous resentment and unforgiveness can be we can start to see how forgiving someone might be helpful and make life easier and happier. As we begin by recognizing the value of forgiveness and the importance of it in our lives we can start the process. It may take a few minutes, a few hours or several days but once we commit to forgiving it will happen. When we're ready, we can actively choose to forgive the person who's offended us. We move away from our role as victim and release the control and power the offending person or situation has had in our lives. As we let go of grudges, we will no longer define our lives by how we've been hurt. We may even find compassion and understanding. A beautiful quote I recently read from Lewis Smedes says, "*To forgive is to set a prisoner free and discover that the prisoner was you.*" Let go, be free.

Cottonwood is a unique and life changing experience. Hope and happiness begin with the first step. Let Cottonwood help you begin the journey.

If you have any questions, please contact me at shicks@cottonwoodtucson.com or call 520-743-0411 extension 2517.

Be well, Sally

On-Camera Addiction Treatment: Therapy or Theatrics?

by
Jeffrey C. Friedman, LISAC

As an occasional viewer of the reality series *Celebrity Rehab*, I have lately become concerned that those involved in the production of the show might have a blind spot regarding the clinical efficacy and ethical ramifications of conducting addiction treatment on what is essentially a sound stage. For readers who may be unfamiliar with the program, *Celebrity Rehab with Dr. Drew* (VH-1, Thursdays, 10:00PM) is an hour-long reality show now in its third season. Filmed at the Pasadena Recovery Center (PRC) *Celebrity Rehab* is based on a simple enough premise: A group of career-challenged celebrity addicts, paid by the week to appear on the show, place themselves under the care of Dr. Drew for treatment of their substance addictions. Dr. Drew is, of course, Drew Pinsky, M.D.,

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a board certified internist and addictionologist who brings to *Celebrity Rehab* over 25 of years experience in blending medicine and entertainment. Dr. Drew has lately emerged onto the public scene as a 21st century Marcus Welby – concerned, cool and caring - the fashionably hip public face of addiction medicine.

Hoping to revive flagging careers as actors, porn stars and reality show personalities, Dr. Drew's celebrity addicts jockey with each other for camera time using theatrics, tantrums and other kinds of self-created drama. Appearing self-absorbed and self-promoting, cast members seem intent on creating a depiction of treatment that is likely to leave some viewers wondering whether what they are seeing on *Celebrity Rehab* is really addiction treatment or just a source of narcissistic nourishment and heady fuel for the celebrities' desire for attention and adulation. In one episode after another, *Celebrity Rehab* patients eager for media exposure they hope will revive moribund careers, barter on-camera angst, vulnerability and catharsis for hoped-for career viability and a chance at becoming America's Next Top Recovering Addict.

But as hard as *Celebrity Rehab* sometimes is for me to watch, I frequently catch myself admiring Dr. Drew's clinical skills. To my ears, his therapeutic interventions sound nuanced and well timed and his counsel always compassionately and skillfully delivered. Watching him work, I often feel a sense of bemused envy. I find myself thinking, *Hey, nice reframe Dr. Drew*, while noticing that, sometimes, when a particular therapeutic intervention works, it works dramatically.

Many of us who have conducted addiction treatment have witnessed first-hand the drama of the treatment environment, perhaps most vividly expressed in expressive and emotive therapy sessions. If there was ever a doubt about the dramatic potential of the therapeutic milieu, the success of *Celebrity Rehab* has erased it. So, for someone like Dr. Drew, with credibility in the spheres of both addiction treatment and entertainment television, the allure of making TV gold out of the dramatic ore of the therapeutic environment must be powerful. In working with their high-profile patients, the temptation for *Celebrity Rehab* therapists to choose interventions high on the drama scale in favor of more mundane but clinically effective practices is likely ever present. Viewers of the show, especially those of us who work in the field of behavioral health, may be forgiven for wondering if a given clinical decision is an expression of the therapist's professional judgment or just their show business savvy. The temptation to coax drama out of the therapeutic process at the possible expense of weakening it is, I think, the essence of the ethical dilemma inherent in treating addicts in front of TV cameras.

Examples of *Celebrity Rehab's* efforts to stack the deck in favor of drama are not hard to find. Considering the fact that Dr. Drew's patients are paid to appear on the show leads to the obvious presumption that contracts between the show's producers and cast were executed at a time when cast members' judgment was impaired by their use of drugs. And *Celebrity Rehab* has ignored a established rule observed by all credible treatment centers by knowingly admitting to the same small treatment community two recently romantically involved individuals. In the Statement of Medical Ethics of the American Society of Addiction Medicine (ASAM) arrangements like these run counter to accepted ideas of milieu safety. Moreover, practices such as these are verge on exploitation and run explicitly counter to the ethical guidelines of ASAM.

And the stakes couldn't be higher. The recent history of celebrities who have publicized their recovery from addiction tells a troubling story. Taking one's struggle at becoming clean and sober into the public realm, it seems, rarely turns out well. A regrettable record of tabloid-splashed celebrity relapses illustrates this grim truth. It is not by accident that anonymity has evolved as a governing principle of most treatment programs and of the 12-step fellowships. Anonymity has long been considered an indispensable principle of recovery not only because it helps shelter recovering alcoholics and addicts from potential ostracism that comes with having a stigmatized disease, but even more importantly, because anonymity keeps in check the often outsized egos of many people struggling to find a place in recovery. Ask anyone in A.A. and they will tell you that addicts who fail to achieve at least a modicum of humility usually use again – and some of those who use, die. Shrinking the ego is a hard and painful undertaking, in or out of treatment, and is something that just can't be accomplished by someone who is preoccupied with playing to the gallery. Whether they are celebrated or not, when addicts are in treatment and fighting for their lives, the last thing they need is an audience.

Jeffrey C. Friedman, LISAC is a primary therapist at Cottonwood Tucson where he works with chemically dependent patients. This article first appeared in *Counseling Magazine* on August 2010 in the opinion section. Jeff may be reached at jfriedman@cottonwoodtucson.com.

Sweetwater Adolescent Program

Sweetwater is a 90-day residential program, internationally recognized for the treatment of co-occurring disorders with adolescent females ages 13-17. The *Sweetwater Program* has been designed to help girls and their families recover and make changes necessary to improve the quality of their lives. *Sweetwater* places a strong emphasis on scholastics, offering both structured classroom hours as well as a therapeutic curriculum designed to further the intellectual, emotional, and spiritual growth of each girl. Cottonwood de Tucson's *Sweetwater Program* is a recipient of the **Woodbury Reports, Inc.** "[Excellence in Education Award](#)" having been selected on the basis of our excellent reputation for producing positive and consistent results with at-risk young girls and their families. Additionally, Cottonwood Tucson is a proud member of [National Association of Therapeutic Schools and Programs \(NATSAP\)](#). If you and your family are struggling with addiction or depression, please contact us, Cottonwood Tucson (see below) and let us help you and your family experience recovery and health.

InnerPath Retreats

Beginnings & Beyond

September 20-24

Women's Retreat

Aug 30-Sept 3

Developing Healthy Relationships

Dec 2-5

Developing Healthy Families

Monday • Friday
Contact us to schedule

We offer several 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief, loss, trauma, and anger. InnerPath is like a mini-Cottonwood experience where you can come back for a boost to your personal recovery plan. All of our retreats are held at the Cottonwood Nash House, meals and lodging included, and are limited to 8 people. Rokelle Lerner who is a therapist, author, and codependency expert, is our facilitator. Please contact Jana Zeff at 520-743-2141 or e-mail her at

Cottonwood Tucson Presents Cuisines From Around The world

This September 24, from 6 pm to 9 pm our very own Master Chef, Richard Serna will participating in the Ronald McDonald's 8th Annual Charity Event This is Cottonwood's second year participating and Chef Richard is excited to be creating some exciting and delicious meals from around the world. The charity is expecting 600 guests and tickets may be purchased for \$75 a piece. The event will be held at La Encantada, in the courtyard. 15 to 20 Premier Tucson Restaurants will be participating at this event. If you are interested please contact Chef Richard at **520-743-2163** or rserna@cottonwoodtucson.com. Chef Richards menu is as follows:

Italy

Pan Seared Butternut Squash Gnocchis
Accompanied by a Vegetable Ragout
Finished off with a White Balsamic-Honey Gastrique

Thailand

California Rolls, Vegetable Rolls
using Thai purple Sticky Rice

France

Hand Rolled Chocolate Truffles
Scented with Fresh mint
Crusted with Peanuts, Pistachios, and Cocoa Powder
Strawberry Coulis



Phoenix Alumni Meetings

Dear Phoenix Alumni,

I look forward to seeing and encouraging you as you continue your journey towards recovery. We meet every first and third Tuesday night of every month at the **ABC Wellness office**, located at **7219 E. Shea Boulevard Scottsdale, AZ 85260**. The meeting time is from **7:00pm until 8:30pm**. The 2010 dates are listed below. Hope to see you there.

2010 Phoenix Alumni Meeting Dates

Sept 7 & 21 • Oct 5 & 19 • Nov 2 & 16 • Dec 7 & 21

Farmington/Durango Alumni Meetings

Dear Farmington and all our New Mexico alumni,

I am looking forward to the September Alumni meeting. Your meeting topic will be **“How to be Happy Through Good times and Bad”** We have a great group of alumni who are serious about supporting each other. The 2010 meetings will be held at the **First Baptist Church at 511 W. Arrington, 87401 in Farmington, NM**. (west side of building) The meeting time is from **7:00pm until 8:30pm**. I hope to see you there, all are invited.

2010 Farmington Alumni Meeting Dates

September 27 • November 29

Tucson Alumni Meetings

Dear Tucson Alumni,

Just a reminder, that your Cottonwood Tucson alumni meeting meets every Wednesday from **6pm until 7:30pm at the Cottonwood campus**. On the first Wednesday of every month you can come early (5pm) and have dinner (\$5 a piece). You may also bring one guest. This is a great opportunity to show your sponsor or a family member a small piece of the recovery process. We have a presentation on the first Wednesday of every month. The Cottonwood staff will present different topics to help with your journey towards wellness. Every third month we feature an alumni speaker and we have a short meeting afterward.

Please come and support your alumni meeting. The special bond the Cottonwood alumni have is special. I'm hoping you will always remember that together we can do what we could never do alone.

Keep Coming back

For more information, click here shicks@cottonwoodtucson.com or call 520-743-0411 extension 2517 or toll free 800-877-4520 www.cottonwoodtucson.com