



COTTONWOOD  
tucson

September 2009

# Alumni News...

the journey continues

## Our Journey Makes the Destination Sweeter

**Happy September Alumni! I once read a quote, that said, *I love September, especially if we're in it.* I feel the same way. September marks the time of year when the days start getting cooler and memories of July's heat start to fade. I love how the mountains look in the early evenings and the slight chill that awaits me early in the morning. September makes me feel happy to be alive. I hope this September your life and recovery are filled with love, joy, peace and gratitude. I especially hope September finds you healthy, enjoying your journey towards wellness. Attend your alumni meetings and join your Cottonwood friends and I as we travel this wonderful path called life together. Any feedback or suggestions would be much appreciated! Please e-mail Sally at [shicks@cottonwoodrecovery.com](mailto:shicks@cottonwoodrecovery.com). Remember life is not in the destination but the journey.**

*~ Be blessed.*

## Dream Tending as a Spiritual Practice

By Charles Gillispie

The famous Swiss psychiatrist, Carl Jung, believed that every dream we have at night fulfills two functions. First, our dream attempts to help us clarify a problem in life. Secondly, our dream attempts to provide solutions to the problem uncovered. In this regard, each dream is a call to action. It is primarily designed to help us move toward a corrective behavior, specific to our character and life circumstance.

Furthermore, Jung believed that dreams communicate in a universal language capable of serving groups of people as well as individuals. He believed that our most deeply meaningful dreams are capable of benefiting all people, regardless of individual differences. Just as we enter into fables or myths and experience common messages, Jung believed, through practice, we can enter into each other's dream stories and receive shared meanings.

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## Dream Tending as a Spiritual Practice, cont'd

By Charles Gillispie

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At Cottonwood, I teach a number of dream amplification techniques I learned at the Jung Institute in Zurich, Switzerland. Each dream tending session is designed to help people develop a regular and more natural relationship to their dream life.

Like prayer and meditation, dream tending is a spiritual practice that teaches us how to cooperate with our personalities and live toward a higher purpose.

*Charles Gillispie is a counselor at Cottonwood Tucson. He is a licensed independent substance abuse counselor with a Master's Degree in Fine Arts. Charles presents the challenge course, dream tending, and therapeutic journal writing for InnerPath.*

## Cottonwood Staff: Mental Health Tech



I want to introduce you to another great member of Cottonwood's staff, Andrea Quiroz, MHT.

My name is Andrea Quiroz and I am a Mental Health Technician, Level I, here at Cottonwood Tucson. I have been a tech for nearly a year and have enjoyed my experiences greatly. The best thing for me to have experienced at Cottonwood are patients who come to treatment, sometimes at their worst then seeing them the day they leave, thankful and most times the best they have been in months (even years).

I was born in Tucson, but raised in a small town that lies on the outskirts called Marana. I recently moved back to Tucson after living in Europe for 4 ½ years. I had the privilege of working along side men and women of the 173d Airborne Brigade. In those years I was actively involved in family readiness working with soldiers as well as family members to prepare for the coming deployments or re-deployments. I have to say it was the most rewarding 4 ½ years of my life!

I found that working here at Cottonwood is very similar to the experiences I had working with the military. In both organizations I found myself working along side other outstanding team members to prepare individuals as well as family members for the unfamiliar road that lies ahead. Providing support and encouragement is also another common element of importance noted. However, providing a service for the greater good is far yet the best!

Because of my experience with the military and Cottonwood I have decided to return to military service and serve as a member of the Air National Guard. I will be fortunate enough to continue my service to Cottonwood while at the same time serving my country. I hope to work in a field similar to the one at Cottonwood, helping and encouraging individuals for a better life that we all deserve. I now see that Cottonwood truly is a new beginning for everyone.

## Tucson Alumni Meetings

As always the Tucson alumni meet every Wednesday at 6 p.m. until 7:30 p.m. at the Cottonwood campus in the Family Lodge.

Don't forget the first Wednesday of the month. Come enjoy fellowship and have dinner together at 5 p.m. for \$5 a piece and bring a guest. We will have a presentation on the first Wednesday of every month.

On September 2, the Cottonwood Alumni Meeting welcomes Rokelle Lerner as she presents "Narcissism, How it Effects Your Family and Relationships. Rokelle is a psycho-therapist, international consultant & lecturer on women, relationships, families and chemical dependencies. Ms Lerner has received numerous awards for her work including NACoA's award for life long achievement in working with adult children of alcoholics. This is one presentation you won't want to miss.

Coming together, sharing together, working together, succeeding together, that is the essence of Cottonwood.

~Be blessed.

## Farmington/Durango Alumni Meetings

Hello all you beautiful Farmington/Durango alumni. I want to inform you that the Farmington Alumni Meeting has a new meeting place. It is located in the **First Baptist Church at 511 W. Arrington, Farmington, NM 87401**. Included below are the next 2009 meeting dates and times.

**September 28 • November 30**  
**7:00 pm - 8:30 pm**

See you there!

## Phoenix Alumni Meetings

This month the Phoenix alumni will be focusing our alumni meetings on the spiritual as well as practical tools of recovery. One of the best tools you can utilize is support from your peers. This alumni meeting is what support is all about. We will be discussing the tools you learned in Cottonwood as well as the ones you have learned as a result of living a clean and sober life. Not only is your alumni meeting a place where you find acceptance and understanding it is also a place to be challenged to live life on life's terms. I hope you will show up and share your experience, strength, challenges and hope with all your friends from Cottonwood.

Just a reminder to everyone out there in the Phoenix and outlying areas, we meet every other Tuesday in Scottsdale at **6615 N. Scottsdale Rd., Suite 100, Scottsdale, AZ 85250**. The remaining 2009 meeting dates and times are as follows:

**September 1 & 15 • October 6 & 20**  
**November 3 & 17 • December 1 & 16**  
**7:00 pm - 8:30pm**

## InnerPath Retreats

### Beginnings & Beyond

September 21-25 • October 19-23 • December 7-11

### Beginnings & Beyond II

October 12-16

### Developing Healthy Relationships

December 3-6

### Developing Healthy Families

Monday 8:15am - Friday 3:00pm  
Contact us to schedule

### Women's Retreat

August 31- September 4 • November 16-20

We offer some 4 and 5 day programs for individuals, couples, and families who want to focus on codependency, relationships, communication, grief and 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. e. 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 [jzeff@cottonwoodrecovery.com](mailto:jzeff@cottonwoodrecovery.com) for more information about InnerPath.

## Drumming and Healing By Kenya Marsala

As part of the recovery experience, we drum. Yes, drum! We bring in a full sized West African djembe for each participant, and they play it. Not only do they play it, by the end of the session they are 'jammin!' So what does the drum have to do with the recovery process?

We know intuitively, and now research has shown, that drumming elevates immune levels, releases stress, and literally alters our brain waves to reflect a more centered, joyful, alert state. Drumming not only lifts spirits, it directly connects us to our internal rhythms, and our ability to honor those rhythms as we relate with others. The practice of drumming with others serves as a great metaphor for working in synergy and relationship in all areas of life - and it delivers a full dose of joy and laughter while centering the mind and calming the nervous system.

When we focus on this simultaneously meditative and energizing practice, we receive immediate benefits, relevant to our personal process and our healing journey. And even more importantly, it requires no previous musical experience whatsoever! No wonder the drum's ancient medicine has been utilized cross culturally for centuries. The power of the beat, the energy of the rhythm, and the excitement of the community groove. What we create transforms lives, every time.

For more information, click here [shicks@cottonwoodrecovery.com](mailto:shicks@cottonwoodrecovery.com)  
or call 520-743-0411 extension 2517 or Toll Free 800-877-4520

[www.cottonwoodrecovery.com](http://www.cottonwoodrecovery.com)