



COTTONWOOD
tucson

November 2010

Alumni News...

the journey continues

Joy

As a recovering person, my favorite saying I learned in AA is, "I want to be happy, joyous and free." The way it actually reads in the book *Alcoholics Anonymous* on page 133 is, "We are sure *God* wants us to be happy, joyous, and free." In the same book on the previous page it says, "We absolutely insist on enjoying life." Does this mean I am actually suppose to enjoy recovery and be happy? When I was new to sobriety, I put a lot of conditions on my recovery. I believed that if certain conditions weren't met, then I could not stay sober. I was sure I wouldn't have any joy in my life. I am glad to say that I stuck around long enough to be proven wrong. Today I can actually experience joy even when I don't get my way. I can experience joy even when I have pain. Because one disappointment, one hour of pain, one missed opportunity, one character defect does not encompass the whole experience of my life. One of the dictionary's definitions of joy is: "a source of keen pleasure or delight; something or someone greatly valued or appreciated." I value and appreciate the gift of recovery more than words can say. I find joy in that gift. So that missed opportunity, that character defect that used to devastate me only means I am still alive and I'm experiencing the opportunity to exercise my spiritual muscle. In other words, God's not finished with me yet. Mahatma Gandhi once said, "Joy lies in the fight, in the attempt, in the suffering involved, not in the victory itself." For this alcoholic and food addict, the fight is over, all my attempts have failed, I've suffered enough, the sweet joy of surrender is victory enough for me.

Cottonwood is a unique life changing and life affirming experience. Freedom and joy 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

The Function of Drug-Using Dreams in Addiction Recovery

by Charles Gillispie, MFA, LISAC

Jean, a client in treatment for substance abuse, came to my group disturbed about the following "using" dream she had the night before: *I dreamed I was in the cafeteria teaching other patients here how to chop lines of cocaine and snort them.* Though she laughed at her dream because of its ridiculous plot, she also wondered what it might mean, if anything, about her recovery.

The purpose of this article is to briefly outline some of the clinical research that has been conducted in regard to drug-using dreams in order to benefit clients like Jean. It is my intention to demonstrate that drug-using dreams can be useful in counseling when clients and clinicians are informed about the possible function this type of dream serves.

One study, a classic in the field of substance abuse treatment, demonstrates that alcoholics who dream about drinking during the course of treatment tend to achieve longer periods of sobriety (Choi, 1973). This finding suggests that clients who dream about the substances they are attempting to abstain from may be more engaged in the treatment process. In other words, these clients take their struggle with substance abuse seriously enough to dream about it at night. In this way, the drug-using dream may be a positive sign, in-and-of-itself.

However, a more recent study of crack cocaine addicts who dreamed about drug use demonstrates that dream content is also significant in predicting a positive treatment outcome (2001).

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Over a ninety-day period, clients who report a shift in their dream content from using cocaine to actively refusing the use of cocaine tend to achieve longer periods of abstinence. This finding suggests that readiness for change is reflected in dream content and that dream-life can provide clients with an opportunity to rehearse change. For counseling purposes, the importance is not on the individual dream but the manner in which dream content shifts over time.

One particularly useful study of drug-using dreams demonstrates that a client's subjective response to the dream is more important than dream content in regard to predicting a positive treatment outcome (Brown, 1985). The subjective responses reported by clients fall into two main categories: one group of individuals experiences frustration that their dream isn't real and the second group experiences relief that their dream isn't real.

The first group of clients could be described as having relapse pending-dreams. This group longs to re-experience intoxication and feels triggered toward drug use. The second group of clients could be described as having recovery-affirming dreams. This group wakes disturbed by their dream and feels repulsed from actual drug use.

For clients like Jean, the act of dreaming itself may be a positive sign of engagement with the treatment process. Additionally, her own subjective response to the using dream may help counselors assess her actual readiness for change. And finally, if Jean continues to dream frequently about using, she can be encouraged to note any significant shift in the content of her using dreams, which ideally, will reflect her commitment to recovery.

Charles Gillispie is a licensed substance abuse counselor employed by Cottonwood de Tucson. He facilitates the InnerPath Outward Bound Adventure Program in Leadville, Colorado.

InnerPath Retreats

Beginnings & Beyond

11/15-11/19 • 12/6-12/10 • 1/24-1/28

Women's Retreat

1/10-1/14

Developing Healthy Relationships

12/2-12/5 • 2/10-2/13

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 jzeff@cottonwoodtucson.com for more information about InnerPath.

Cottonwood Tucson Employee of the Month

And the winner is:

Elijah- approachable, honest, and caring. Content, peaceful, helpful and funny. Always in a good mood. Spends time outside with the patients. He walks around the campus talking to us



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.

Phoenix Alumni Meetings

Dear Phoenix Alumni,

I look forward to seeing and encouraging you as you continue your journey in recovery. We meet every first and third Tuesday night of the 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 2010/2011 dates are listed below. Hope to see you there.

2010/2011 Phoenix Alumni Meeting Dates

Nov 2 & 16 • Dec 7 & 21 • Jan 4 & 18 • Feb 1 & 15

Farmington/Durango Alumni Meetings

Dear New Mexico alumni,

I am looking forward to the November Alumni meeting. Your meeting topic will be "**Making amends, how does it effect your recovery?**" We have a great group of alumni who are serious about supporting each other. The 2010/2011 meetings will be held at the **First Baptist Church 511 W. Arrington, Farmington, NM. 87401** (west side of building) The meeting time is from **7:00pm until 8:30pm**. I hope to see you there, all are invited.

2010/2011 Farmington Alumni Meeting Dates

November 29 • January 31

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 the month you can come early (5pm) and have dinner (\$5 per person). 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 bond Cottonwood alumni have is unique. I'm hoping you will always remember that together we can do what we could never do alone.

Keep Coming Back!