

WHAT IS ADDICTION?

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations. This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviours. "Addiction is characterized by inability to consistently abstain, impairment in behavioural control, craving, diminished recognition of significant problems with one's behaviours and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death."

ASAM News, Vol. 26, Number 3; 2011

WHAT IS RECOVERY?

It is important to understand that our behaviors during active addiction are not representative of our true self. We must learn to forgive ourselves for past behaviors and surrender to the recovery process one day at a time.

Jacqueline Perry

Recovery is about getting in touch with the part of ourselves that has never been hurt, harmed or endangered. A childlike mind/beginner's mind is helpful along with the willingness to follow the suggestions of those who have successfully achieved sustained sobriety. A mentor/sponsor is strongly suggested.

Jacqueline Perry

Recovery from addiction gives us the freedom to choose life-enhancing coping strategies.

Jacqueline Perry

Addiction is a disease of loss – family, relationships, health, wealth, self-esteem, jobs...In recovery we heal and reclaim our sense of worth and become joyful, active and productive members of society again.

Jacqueline Perry

Grant me
the serenity
to accept what
I cannot change,
the courage
to change what I can,
and
the wisdom
to know the difference.

HOLISTIC RECOVERY COACHING



JACQUELINE PERRY

Certified Recovery Coach

Creating, supporting

& strengthening

your sober foundation

for long-term success

310-625-5065

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HOLISTIC RECOVERY COACHING

WHO IS JACQUELINE?



Holistic Recovery Coaching was founded by Jacqueline Perry, Certified Recovery Coach

Jacqueline is a Licensed RN certified in Addictions and Mental Health/ Psychiatric Nursing.

She has worked in the field for over 25 years in every level of the continuum of care.

Additionally, Jacqueline has a Masters Degree in Spiritual Psychology and is a licensed Spiritual Practitioner and Counselor.

Maintaining over 30 years of personal recovery, her passion is empowering others to establish, maintain and sustain a secure sober recovery program and a balanced and meaningful life experience.



CREATING YOUR PROGRAM:

Our programs are personalized to fit your specific needs and requirements.

Your Program includes:

- A complimentary 30-minute initial evaluation session.
- An individualized Action Plan.
- Weekly 60-minute sessions and monthly progress assessments
- Twice weekly 15 minute phone check-ins

Your individualized Action Plan consists of:

- Creating a doable plan for sustained recovery
- Guidance in creating a sober community support system.
- Holistic Wellness Planning may include developing strategies for emotional regulation through mindfulness, meditation, exercise, nature walks, sober socializing.
- Present lifestyle assessment & intentional future goal setting
- Designing a blueprint for structuring time.
- Identifying a personalized accountability team



BENEFITS OF RECOVERY COACHING:

- Ongoing support for your recovery plan
- Expert guidance in participating in your sober community
- Support in following your defined strategies of mindfulness, meditation, exercise, nature walks, sober socializing
- Assistance in navigating your new lifestyle to reach your intentional future goals
- Coaching you to successfully structure your time
- Empowering you to manage your own accountability

WHEN YOU'RE READY

CALL:

HOLISTIC
RECOVERY
COACHING

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Certified Recovery Coach

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