

## ***Relapse Prevention Services***

***7200 E. Dry Creek Rd., C-203, Centennial, CO 80112 (303) 888-9617***

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### ***Our Approach to the Journey of Recovery***

Recovery is not abstinence. It is a gradual transformation in the way we relate to self, other people, God, feelings and life challenges. Therefore we look at recovery as a four legged stool. Each leg supports the stool. It is possible to miss a leg, but one will then spend so much time balancing that there will not be a time or energy to do anything else. The four legs of the recovery stool are the biochemical, psychological, social and spiritual aspects of recovery. These involve learning how to keep the brain and body healthy and in balance, healing psychological and emotional wounds, learning effective feeling and stress management tools, and creating a supportive, non-addictive support system and social life. Each leg is very important. At Garden Gate Counseling we address all four legs. We use a biological approach to the physiological aspect of addiction. We use amino acid therapy, proper nutrition to help restore the brain to a natural way of functioning. We use psychotherapy with special emphasis on managing emotions and traumatic memories. We help you find a social network to help you find a community that understands you. We support the 12 step and other peer support groups, but we are not a 12 step program. We provide services they cannot and vise versa. We invite you to call us to find out how we can help you in the achievement of your goals.

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