

The common recovery
language that binds us
together, and other spiritual
tools that we use ...

The Leo Amici 2002 Foundation's
presentation

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Leo amici 2002 Foundation's Therapeutic Community

- Twenty years in helping the suffering addicts to recover from their drug and alcohol addiction...
- ...and 20 years of constant changing and learning...

One constant factor.

- Trough out these years one thing, that did not change!
- Our commitment to help, and treat the suffering addict or alcoholic!
- About our staff –“Helpers”
 - Professionals
 - Recovering addicts, alcoholics

Our place on the map.

- „Komló proves an ideal site for the purpose of rehabilitation center. It is small enough to create a kind of „splendid isolation“.”
- „Craving for sobriety”
- /Kelemen G-Erdős M/

Our place in the Hungarian treatment approach

- „First private and non religious organisation in Hungary, carrying out longterm treatment.” /Cfs/
- Right now the first, and only Therapeutic Community that works successfully in the local treatment field with the „12 step method”.

A statement from „Craving for sobriety” / Kelemen, Erdős/

- **„...the individual may lack wisdom, but the whole community is wise enough to manage the progress of recovery.”**

Our type of Therapeutic community are „by The Book“

- „The TC is fundamentally a self-help approach, evolved primarily outside of mainstream...“
- „The TC basic approach of treating the whole person trough the use of the peer community,...“

„The Therapeutic Community“
by George De Leon, PhD

Our type of Therapeutic community
are „by The Book“/De Leon's/

- „The nonrecovering professionals who become involved in the TC movement were committed to the self-help concept and to maintaining the „purity“ of the TC program model“

Short historical view of our TC

1998 12 STEP GROUP STARTED IN PÉCS

1990 The birth of Leo Amici foundation

1993 G.Kelemen, Cs.Mihaldinecz went to Florida to learn new treatment approach

1994 George Baal –Theatre therapy

Short historical view of our TC.

- 1995 Vince M started music therapy
- 1997 Leo Amici became a part of
 - the health and social system
- 2001 Recovering addicts from outside started bringing the "Message of hope"

Short historical view of our TC

- 2002 Ties loosened with the Italian Leo Amici because the 12step method
- 2002 Became part of Euro-Tc
- 2002 Soccer without drugs cup/yearly/
- 2003 Ferenc S started working here
- 2004 The birth of the Alumni Assoc.
- 2004 Invitation to UN pallace to perform.

Short historical view of our TC

- 2004 Ferenc S. and Sándor B. Went to England to look into Promis
Work method and learn new ways
- 2005.. Changes and „growing pains”
- 2006 Vince relapsed and left...
- 2008 Kelemen Gábor left the institution..
- 2010 Here and now....

Trips „to connect, to European 12step fellowships .

- 2004 Frankfurt
- 2005 Dublin
- 2006 Porto

Connecting to „Narcoslavia“

- 2008 Trogir
- 2009 Trogir
- 2010 Trogir

A day/24 hours/ in our lives.

- Morning walk. /except Sunday/
- Breakfast
- „Daystarter“ group /Reading a passage from „Just for today“(30 min.)
- House cleaning
- Step Group or other thematic group. (90minutes)
- Lunch.
- Three songs after lunch

A day/24hours/ in our lives...

- Sport activities. /Soccer, tengo,pöti,table tennis,badmington,running etc./120 min./
- Going out to 12 step meetings.
- Evening group.
- Dinner
- Freetime
- „Dayender“ group./ Readig out of daily reflections, and sharing on our feelings that were dominant in our day.

„When you stop digging, you hit your bottom“

- „All of us felt at times that we regaining control, but such intervals-usually brief-were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralisation.“

Change, a spiritual process, a transformation, from a moment of clarity to the Spiritual awakening...

- „Hitting bottom“,
- „moment of clarity“,
- „desire to stop drinking or using“,
- „honest admission“,
- „spiritual void“,
- „hope“,
- „acceptance“
- „faith“

Change, a spiritual process, a transformation from a moment of clarity, to the Spiritual awakening...

- making of „a searching and fearless moral inventory of ourselves.“,
- admitting „the exact nature of our wrongs.“,
- after that time our „clients“ move out to sober living and hopefully stay on that spiritual path, connect to one of the 12 step fellowship, and with the help of his sponsor „work the steps“,

Change, a spiritual process, a transformation from a moment of clarity, to Spiritual Awakening ...

- ...and hopefully they don't stray away ..from their recovery or sobriety...
- Changing from a lesser being to human being, who is having a spiritual experience during that process...

The “recovering” or „recovered” dilemma.

- „ We do recover!”
- „My name is Joe and i’m an addict in recovery or recovering addict”
- after the identification
- I’m not cured, but i recovered from that hopeless state of body, mind and spirit.

Spirituality.

- Spirit / From Latin-Breath of life./
- „Religion is for those who don't want to go to hell when they die...
- ...spirituality is for those who have been to hell!!!“

Spirituality

„Treating our Higher Power as something to be defined will rob us on a grand scale, halting further spiritual growth the minute we arrive at an absolute definition.“

N.A. It works:How and Why
/ Step eleven/

The blessings of Acronyms /GOD-Good Orderly Direction/

- ABC-s of recovery...
- Acceptance
- Belief
- Change
- BUT
- Being
- Unconvinced
- Totally
- PMS
- Poor
- Me
- Syndrome
- N.A.
- Never
- Alone /or/
- New
- Attitude

The blessings of Acronyms

- HALT
- Hungry
- Angry
- Lonley
- Tired
- FEAR
- False
- Evidence
- Appearing
- Real
- KISS
- Keep
- It
- Simple
- Stupid
- FINE
- Fucked up
- Insecure
- Neurotic
- Emotional

The common recovery language...

- „The code of grace-entering recovery culture”
- „Every society, indeed every group, develops it’s own special social rhetoric, a shared code of communication.”
- Craving for sobriety/Kelemen,Erdős/

The common Recovery Language...

- In order to not to feel alone. The main thing is identification!!!
- „You are not alone.“
- Sense of belonging
- „Just for today, you don' have to use“ or „drink“

The common Recovery Language (differences for stronger identification)

- „I’m an alcoholic.“
- „I was drinking and now
- i’m recovering from alcoholism,
- i’m very greatfull to be in sobriety!“ or „to be sober“
- „I’m an addict.“
- „I was using and now
- i’m recovering from addiction,
- i’m very greatfull to be in recovery“ or „to be clean“

The common Recovery Language...

- „I’m sharing my experience strenght and hope.”
- „You are in the Egyptian river.”(In the Nile)
- You are in denial.
- Step one.(Breaking that denial, and making those two admissions.) „I can’t.”
- Step two.(Believing the process of recovery.) „We can.”
- Step tree.(Making the decision.) „If i let it..”

The common Recovery Language...

- Step four.(Writing an honest inventory)
- Step five.(Sharing the inventory, and admitting our faults, in a small group.)
- We work with the first five step.
- Hopefully they work the 12 step with a sponsor and change!
- „If i don't change my clean date will“!
 - Or „Sobriety date will!“

Spiritual principles of the 12step

- **Honesty**
- **Hope**
- **Faith**
- **Courage**
- **Integrity**
- **Willingness**
- **Humility**
- **Brotherly love**
- **Justice**
- **Perserverance**
- **Spirituality**
- **Service**
- **Honesty**
- **Humility/faith**
- **Surrender**
- **Courage/honesty**
- **Self-honesty**
- **Commitment/perserver.**
- **Trust/faith**
- **Willingness**
- **Forgiveness**
- **Self-discipline**
- **Commitment**
- **Anonymity/selflessness**

Our conclusion...

- From our own experiences we learned, that with one common language that we share with 12 step fellowships, we are not only able to break out from the Hungarian „Babelian Chaos“ of treatment, but go back to basics, to keep our Tc „pure“, and share the „Language of the Heart“!

Thank you for listening!

■ Bibliography:

- Big Book of Alcoholics Anonymous
- Basic Text of Narcotics Anonymous
- Kelemen Gábor-B.Erdős Márta:Craving for Sobriety
- George De Leon,PhD:The Therapeutic Community/Theory,Model, andMethod