



RELAPSE PREVENTION GROUP

Mondays, Co-ed group

6:00 PM until 7:15 PM at the Sandy Springs office

People in recovery from addiction can experience progressive warning signs that reactivate denial and cause so much pain that using alcohol or other drugs for relief seems like a good idea. This is not a conscious process. These warning signs develop automatically and unconsciously. Since most recovering people have never been taught how to identify and manage relapse warning signs, they don't notice them until the pain becomes too severe to ignore.

Relapse prevention involves bringing warning signs and high risk situations for relapse into conscious awareness, and then creating effective management strategies for those.

In this educational and interactive group, participants will learn about and work on: Understanding Addiction; Recovery as a Developmental Process; Utilizing 12 Step Programs; Keeping It Simple; Paying Attention to Thoughts, Feelings and Actions; Recovery Principles and Skills; Having Fun; Identification and Management of Relapse Warning Signs and High Risk Situations; and Recovery As a Way of Life.

**For more information, please contact
Chip Abernathy at: (770) 862-7585**



**CHIP ABERNATHY,
MA, LPC**

Chip Abernathy, MA, LPC has been treating addiction and co-occurring disorders for over 30 years. He began training with Terry Gorski in relapse prevention therapy in 1987 and became one of the first GORSKI-CENAPS Certified Relapse Prevention Specialists in the country. In addition to being on the team of therapists at Atlanta Center for Wellness, Chip heads up a treatment program for healthcare professionals and other professionals at a large treatment center in the Atlanta area. He is married, has two adult children, plays guitar professionally and for fun, and has been studying Asian marital arts for over 25 years. His therapy style is eclectic, and his approach to addiction treatment involves an abstinence-based approach which includes lifestyle change and a focus on improving health physically, mentally and spiritually.



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