

# 12 STEPS

# 12-STEP PHILOSOPHY

*A Practical, Step-by-Step Process on the Pathway to Recovery*

12-Step programs have been widely used in the treatment of addiction and behavioral health issues.

## *The 12 Steps Add Dimension to the Recovery Process*

One popular approach to recovery is based on the 12 Steps, a historical set of principles and guidelines that help the patient recognize the magnitude of the problem and use a clear set of actions. During the 12-Step process, the patient explores a series of realizations, makes amends and looks toward the future. At Foundations Recovery Network, we combine 12-Step approaches with research-proven, evidence-based treatment modalities. Our treatment programs utilize the basis of the 12-Step philosophy for our patients' recovery processes while also taking each patient's needs into account. Positive results have motivated us to implement the philosophy as part of our methodology.



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Applying the 12-Step philosophy to life can be very beneficial to recovery.

The 12 Steps appeal to the deepest feelings of an individual, making it easier for him or her to avoid temptation and heal from addictive behavior. They can make a difference in sustaining recovery, especially when combined with focused individual therapy, medically supervised detox, family counseling and specialized treatment. The 12-Step process makes use of components that are both emotional and practical. These components include

honesty, reliability, mutual support, acceptance and spirituality. When patients take these concepts to heart, they are able to express them in their own lives, enhancing the effectiveness of treatment. First established in 1938 by the founders of Alcoholics Anonymous, 12-Step programs have helped millions of people overcome substance abuse and behavioral health conditions through a specific strategy to obtain and maintain recovery.

## ***The Benefits of Utilizing a 12-Step Philosophy***

The 12 Steps emphasize recognition of former actions with a focus on making adjustments for a positive future. Accepting past mistakes and wrongful actions that resulted from addiction gives the patient a sense of empowerment that will stop the process of denial. By accepting reality as it is, the patient begins to move forward in a positive manner without drugs or alcohol. Searching for forgiveness and making amends whenever possible as part of the 12-Step process can unburden people of their wrongs to give them a sense of liberation and redemption, helping them to build a future with a new perspective.

A 12-Step program helps people learn that every action has a consequence, but it also teaches them not to become consumed with guilt over past actions. Each step on the 12-Step journey can be molded to fit the individual person. As each step builds on the previous step, the patient is not overwhelmed by addiction recovery; the path becomes clear through these steps.

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**By incorporating the principles of the 12-Step philosophy, Foundations Recovery Network maximizes the effectiveness of our integrated treatment programs while keeping individual needs in mind.**  
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### ***About Foundations Recovery Network***

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address co-occurring disorders effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment compared to those who attend traditional programs.

### ***A Time-Tested Method***

Foundations Recovery Network constantly researches and updates our treatment modalities to fit current needs. We apply the 12-Step philosophy in a modern way with an understanding of the neurobiological advances

in medicine and addiction treatment. We incorporate a whole-body approach to healing addiction in individual patients and their families. The inner peace that our patients obtain by applying 12-Step principles in their lives gives them the emotional support they need to remove the roadblocks affecting their lives and the lives of those they love. The 12 Steps also help them to endure new challenges and overcome obstacles after they leave their treatment center.

