



IT'S ALL IN THE

No.3

# Journey™



A MAGAZINE OF RECOVERY

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**PALM  
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# A Closer Look At Palm Partners



**“Doing the right thing,  
for the right reason”.**

**ABOUT TWO YEARS AGO, I HAD NOWHERE LEFT TO GO.** I had burned every bridge, and ruined every relationship in my life. My best friend was a drug that made me sick when it wasn't there. How in the world was I going to stop doing this to myself? I realized that just detoxing wasn't the solution; by this point I had tried it 4 times already. Every single time ended in the same result, I ended up using again. I knew I had to go to treatment.

I must have called thirty different treatment centers, trying to find one that would accept me. It turns out that there are very few treatment centers that are willing to accept someone with a dual diagnosis, such as bi-polar disorder or obsessive-compulsive disorder (OCD). Not only that, but I really didn't have much money left, due to the fact that most of my money had been spent on drugs and alcohol. It seemed hopeless as treatment center after treatment center turned me down. But, the last one I tried said they would help me no matter what. And even better, they would work with me on the money issue. It turns out they were ½ the cost of the other centers I'd called.

The day I arrived at Palm Partners, I was extremely nervous. But as I looked around, everyone was smiling! The facility was absolutely beautiful. Green grass, palm trees everywhere, and there was a beautiful pool and a beach volleyball court! The other clients welcomed me, and helped me bring my belongings into my apartment.

When I walked into the apartment, I couldn't believe what I was looking at: tile flooring, a full kitchen, a balcony that overlooked the pool, and I had cable television. “This was not what I was expecting!” I thought I would be in a hospital bed for the next thirty days, not in a condo that overlooked a pool. It turns out that Palm Partners owns the entire apartment complex, and they run the treatment center right there. They supplied me with everything I could possibly need, from fresh towels and linens, to cleaning supplies.

The next day I was introduced to my therapist, Dr. Beley, and set my first appointment later that day to sit with him. Nicole, the office manager, went over my schedule with me, and I then was off to orientation. Orientation took place in the group/meeting room. I learned a lot about Palm Partners philosophies and how things were run there. It turned out that they like to teach

in a real life atmosphere, simply because that is exactly where I would be returning to when I left. I liked their approach to addiction and recovery, and was impressed by their motto of “Doing the right thing, for the right reason”.

My next group was relapse prevention, and was run by Jerry E. He's not only a therapist, but also has 23 years of sobriety. I trusted him instantly, as I knew he had gone through everything and lived to tell about it. The group was not only informative, but also entertaining as were most of the groups I went to. It turned out that almost all of the therapists and counselors at Palm Partners were also in recovery and all had at least ten years of sobriety. They understood. They'd been where I was.

The next day, I sat down with Dr. Jon Connelly, who is the Clinical Hypnotherapist at Palm Partners. Hypnotherapy helped bring out some of the underlying issues that I had been running from my entire life. It also helped with my anxiety, stress levels, and some personal development issues I had been struggling with. Once those issues were brought to the surface, they were promptly dealt with using EMDR. Eye Movement Desensitization and Reprocessing is a permanent trauma resolution used on war veterans, rape victims, and almost anyone with any type of trauma in their past. It helped me get through the trauma I'd tried to forget, but never could, in a matter of days, rather than the years that I'd always thought it would take. These are some of the ways they helped me deal with the problems I had been running from for so long.

Throughout my stay at Palm Partners, I learned that drugs and alcohol were not our problem. They were our solution to our problems. They were how we ran from our problems, or numbed ourselves from how we felt. The real problem was an underlying issue, and whether it is anger, fear, resentment, or past trauma, we were all running from our problems. And the goal at Palm Partners was to identify what it was I was running from, help me to resolve that issue, and then teaching me to live my life without running from my problems anymore. And that was exactly what they taught me to do. Two years later, I look back on my time at Palm Partners, and realize how important it was to my recovery. Palm Partners gave me the tools to save my life, and for that I am forever grateful. 🌞

