



I've been through the whole range of treatment including outpatient and residential, mainstream and alternative, court-ordered and voluntary but none of them have resonated with me like Practical Recovery.

**Alumni Client**



Practical Recovery offered one-on-one therapy with mental health professionals as its predominant form of treatment – so its model was completely different than that of any of the other programs.

**Anne Fletcher, Inside Rehab**



For those of you desperately searching for the right solution for your loved one, you know how challenging this can be. From my first contact with Practical Recovery, I felt like I'd found something special. At Practical Recovery, our son got his life back.

**Mother of Client**



**Practical Recovery**

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Define  
**RESTORE**  
*Transcend*



**Practical Recovery**



# Define Your Journey

At Practical Recovery, we help you discover the true nature of your unique and individual challenges.

This is your first step towards moving forward with a positive, life-changing solution.

# RESTORE Your Self

A complete and lasting recovery is at the heart of what we do. Helping you find your “best self” through a process of discovery and renewal is our ultimate goal.

# Transcend Your Life

We strive to help you launch your life into the brightest and most fulfilling future you can imagine. At Practical Recovery, we believe that there are no limits to what you can achieve when your body and mind are healthy!

what  
works for

YOU

We are a self-empowering (12-step alternative) addiction treatment system located in San Diego. We offer highly personalized treatment for any addiction, at any level of care. Using both evidence-based methods and optional holistic healing services we collaborate with our clients to create individualized treatment plans. We focus on underlying problems, motivation, coping with cravings, relationships, lifestyle balance, and living with purpose and meaning.

# IOP & Outpatient Services

Practical Recovery offers Outpatient (OP), Intensive Outpatient (IOP), and Individual Intensive Outpatient (IIOP) services. These three options permit greater flexibility and independence than residential treatment (rehab) and are adequate for most individuals. They can also provide transitional support after residential treatment.

At Practical Recovery we treat the whole person, helping you create self-empowering solutions tailored to your specific goals, values and situation. Our foundational approaches are Motivational Interviewing (MI) and Cognitive Behavior Therapy (CBT) supplemented by a wide range of psychotherapeutic and holistic healing options. Together, these approaches help you identify your genuine reasons for changing and provide you with practical and effective tools for doing so.



## Issues We Treat

- ✓ Substances including alcohol, prescription and illicit drugs, nicotine and food
- ✓ Behaviors including sex, gambling and Internet gaming
- ✓ Mental health/well-being including depression, anxiety, ADHD, OCD, self-esteem, life-transition difficulties, grief, relationship issues, trauma and PTSD

## Treatment Team and Services

Our outpatient treatment team consists of exceptionally qualified (mostly doctoral level) clinicians who have worked together for many years. Our treatment team works with each client to devise an individualized treatment plan that fits the client's needs and schedule.

**Outpatient** treatment consists of one or two individual sessions per week. For most clients a weekly session with the same therapist is the best option. Couples and family sessions are also available.

**IOP** typically consists of one three-hour group session per day, three days per week. Groups are both psycho-educational and process ("here and now") oriented. Couples and family sessions are also available. The complimentary Continuing Care Group and Multi-Family Group are offered once per week for one year after discharge. The Multi-Family Group is a support group open to friends and family members; it promotes healthy communication and an accurate understanding of recovery.

**IIOP** clients typically have 3 to 15 individual sessions per week with different therapists. Our treatment team collaborates three times per week to coordinate your care. Having a treatment team facilitates rapid identification of issues and creates a synergistic treatment effect. IIOP achieves the therapeutic intensity of rehab without the residential component.

## Therapeutic Approach

By 1) teaching practical tools to address addiction immediately, and 2) addressing underlying issues such as emotional distress, alienation, distrust and lack of confidence, we promote long-term adjustment and wellbeing, as well as addiction recovery.