

Supporting a Loved One Struggling with Addiction



What Your Loved One Needs to Break Free
and How You Can Help

Introduction	3
How to Know if Someone You Love is Addicted to Drugs or Alcohol	4
What Is Addiction Anyway?	4
Addiction Misconceptions	5
The Reality of Addiction	5
Signs of Addiction	6
Reality Check—The Bad News & Good News About Addiction	7
The bad news	7
The good news	9
How to tell if your spouse or loved one needs treatment	10
Do’s and Don’ts for Supporting a Loved One with Addiction	11
What Not To Do	11
Things You Can Do	13
A Word About Anger	14
Treatment Options & Resources	15
Treatment Options	15
Holistic Healing	16
Dual Diagnosis	17
Another Look at the 12 Steps Approach	17
Inpatient vs Outpatient Treatment	18
A Word of Encouragement	21
About the Clearing	22
The Clearing’s Story	22
Mission Statement	23

Introduction

As a residential rehab and recovery center for people struggling with addiction, we hear from many family members. Often the person who contacts us isn't the one suffering from substance abuse, but their distraught spouse, parent, sibling, or good friend.

We've heard so many loved ones say, "I'm at the end of my rope; I can't do this anymore. Can you tell me how to help my spouse with addiction?"

This eBook is for you.

Addiction is a complicated issue that usually has some traumatic event at its core. It took many years, perhaps decades to form, and so it won't be cured overnight.

However, the fields of psychology, neuroscience, and holistic therapy have evolved dramatically in the past 10 to 20 years and offer more hope than ever to families struggling with addiction.

As a spouse or loved one of the person struggling, there are some important things you need to know to help you get through this trying time and keep your sanity. You also need to know how to offer the right type of support to your loved one.

Recovery from addiction is a journey. And while it may seem like the world is collapsing around you, we have seen time and again couples and families who have come out the other side stronger and more joy-filled than ever before.

We hope you find this content helpful.



Chapter 1

How to Know if Someone You Love is Addicted to Drugs or Alcohol

It's the question that sneaks up on you in quiet moments, the one that tugs at your metaphorical sleeve whispering: "What if?" The fear and worry follow you around like a cloud shadowing your days, and you wonder ...

What if my spouse or loved one is addicted? Am I just being paranoid, or is there real cause for concern here? What is addiction anyway? How do I tell if my family member has crossed the line?

In this section, we'll demystify the definition of addiction and share common signs of addiction to help you assess your situation and discern next steps.

What Is Addiction Anyway?

Addiction is an unhealthy dependence on specific substances or activities. One colloquial addiction definition is "not being able to find the off switch" when it comes to your own behavior, be it drinking or drugs, gambling or eating.

The addictive cycle can be described as 3 discrete steps:

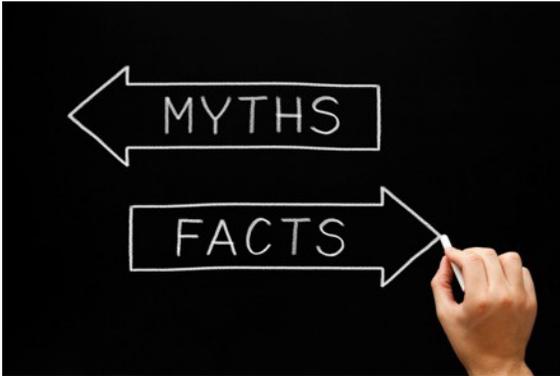
1. **Stimulus** (stress)
2. **Response** (substance use)
3. **Consequence** (temporary relief)

[Repeat]

When stress hits us (**stimulus**), we normally respond in a way that would create a reward (**response**) to relieve that stress. Unfortunately, with addiction the initial reward is relatively short-lived and eventually fades (**consequence**). The person struggling with addiction will "chase the high" and repeat the response over and over again. This goes on at the behavioral level. When the addictive substance is removed or delayed, there is physical component known as withdrawal.



Addiction Misconceptions



That said, don't believe everything you read on the subject; there are plenty of addiction myths and misconceptions out there. For example, experts argue about whether to categorize addiction as a disease or mental illness.

And despite lingering stereotypes, addiction is not driven primarily by poor moral standards or lack of willpower. In fact it has nothing to do with willpower at all. People from all walks of life

struggle with substance abuse. You can find addicts in homeless shelters and halfway houses, and you can find them in the highest echelons of society.

As [this Psychology Today article](#) on addiction notes: "... [I]t is important to recognize that [addiction's] cause is not simply a search for pleasure and that addiction has nothing to do with one's morality or strength of character."

Addiction is an experience of dependence, and the individual's behavior is driven by their need for alcohol or drugs. That said, recovery begins with the addict's realization that they need help, but are not powerless (yes, this is in contrast to conventional 12-step dogma). Choices can be made to break the addictive cycle.

The Reality of Addiction

"Can't they just quit?" It's not that easy. Even when an individual wants to break free from addiction, it's not as simple as making a resolution to stop. Relying on willpower alone to pull oneself out of addiction is a setup to fall once more.

If a person struggling with addiction doesn't address the underlying core issues of addiction, then real, lasting change becomes much less likely. Perhaps people can grit their teeth and force themselves to abstain when they're feeling strong, but what happens when a crisis hits?

If they refuse to address foundational issues, their proverbial "houses" of sobriety aren't going to make it through life's storms.

That's not to say that facing core issues is easy or painless ... far from it! Very often individuals turn to addiction in the aftermath of trauma, trying to numb out in order to cope with serious mental or emotional stressors.

Addiction is the result of repeated numbing of some underlying mental or emotional issue. People turn to drugs and alcohol as coping mechanisms. And despite adverse consequences, addicts use drugs compulsively because the substances allow them to keep their pain at bay.

As bestselling author and recovering alcoholic, drug user, and bulimic Glennon Doyle Melton writes in her essay *Recovery*:

“Becoming sober is like recovering from frostbite. The process of defrosting is excruciatingly painful. You have been so numb for so long But then the tingles start feeling like daggers. Sadness, loss, fear, anger, all of these things that you have been numbing with the booze . . . you start to FEEL them for the first time But feeling the pain, refusing to escape from it, is the only way to recovery.”

Signs of Addiction

What are the key addiction signs you should look for in your loved one's life? Warning signs include, but are not limited to:

- Changing routines, as well as increasing secrecy about personal whereabouts and plans
- Lying and duplicitous behavior; denial of problem and hiding extent of substance use or activity engagement
- Exhibiting increasingly erratic behavior; sudden shifts in mood and manner
- Forgetting commitments; failing to show up for usual responsibilities such as work or school
- Demonstrating marked physical changes and symptoms of use and withdrawal (such as hand tremors, weight gain or loss, bloodshot eyes, constipation, and changes in skin tone)
- Your own intuitive sense that something is amiss



What should you do if you witness these signs of addiction in your relationship? We'll get to that in Chapter 3, but first let's have a reality check about addiction.

Chapter 2

Reality Check—The Bad News & Good News About Addiction



What was the moment you knew for sure that your spouse or loved one was addicted? Maybe it was discovery of a hidden cache of booze or pills, or the phone call informing you that your spouse or loved one was in police custody. Or perhaps it wasn't a single dramatic incident, but rather the slow piecing together of seemingly-unrelated behaviors such as increased irritability and secrecy.

However you found out, one thing is certain: your life has changed in light of this truth. You've had to summon inner strength to keep moving forward rather than sinking back into denial. Acknowledging a loved one's addiction takes a great deal of personal courage, as does seeking support and treatment.

If you've recently come face to face with the reality that your loved one is struggling with substances, there are some things you need to know.

As you read, remember the human tendency to revert to black and white thinking when troubling situations arise. We perceive our situations as either good or bad, hopeful or hopeless. We consider possible solutions that are either overly simplistic or utterly impossible, and then we get frustrated when they don't work out!

In this season, it's important to avoid wishful thinking and easy fixes as well as gloom-and-doom thinking and despair. Finding a middle ground isn't always easy, but it is possible. The bad news is the reality of your spouse's or loved one's addiction, and the good news is that there is hope.

The bad news

1. Things often get worse before they get better.

A loved one who is struggling with addiction can exhibit erratic behavior, binges, and escalating violence. Individuals and families are often reluctant to seek help until their situations have deteriorated dramatically.

But contrary to what you may have heard, they don't necessarily need to hit bottom before getting help. A willingness to work through the process of positive change is enough.

2. Relapse is a part of the recovery process

The experience of [relapse](#) can be demoralizing and fuel the fire of depression. If your spouse or loved one relapses, shame is their biggest enemy. While we know it may be hard, try to understand that slips, as we prefer to call them, are a learning opportunity and part of the recovery process.

3. You can't convince your spouse or loved one that they need treatment.

It's tough but it's true: you can't make your spouse or loved one want recovery. Someone caught in the addictive cycle must have the internal motivation to facilitate lasting change.

Why is personal motivation so important? Because healing from addiction entails uncovering and healing underlying core issues and it takes courage and desire to do this. The recovery process can initiate tremendous change and growth, but an individual must be willing to do the work in order for the healing to happen.

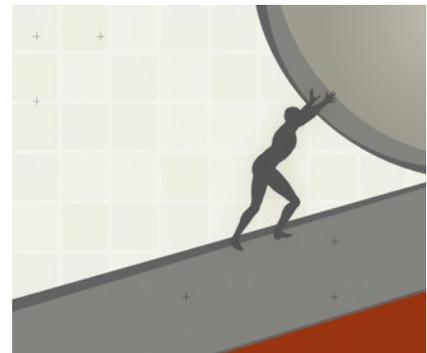
4. If your spouse or loved one is really addicted, don't expect that they can "just stop".

Addiction isn't a question of low willpower. Rather, it's a complex physiological and psychological condition. In reality, stopping isn't the problem. The difficulty lies in *not starting again*. And this is why understanding and healing the root issues is so important.

Unresolved, these issues act as powerful subconscious triggers that eventually lead a person to use again.

5. Recovering from addiction can take significant time, effort, and money.

Changing the entrenched behavioral patterns of addiction takes time and effort. It can also take a financial toll depending on what level of professional support is needed, such as counseling, detox, and rehab. Additionally, affected family may need counseling to help work through fear or trust issues.





The good news

1. There are resources and support options available to you and your loved one.

Though you may feel alone in your dysfunctional home life, you are definitely not the first family to face addiction. There is real help available for you and your loved one. Myriad support networks exist, both in person and online. For example, the articles in our digital [Resource Center](#) address frequently-asked questions on mental health, therapy, spirituality, and more.

2. New healing approaches draw from recent advances in psychology.

Psychological research has come a long way in the last decade, and 12 Step programs are no longer the only game in town. Doctors and therapists are drawing from current research on human development, spirituality, and science that allows us to explore the inner workings of the brain, body, and spirit.

12 Step Alternative treatment centers integrate these modern findings into their programs. Given this, many families are seeking alternative treatment options.

3. Many people do recover when they get the right help.

We see it happen every day at The Clearing; people with dual diagnosis receive support and then overcome their addictive behaviors. The Clearing is a 12 Step Alternative program, which means that we integrate teachings from [The Principles of Spiritual Psychology](#), evidence-based therapy approaches and mindfulness practices in our residential treatment program.

4. In recovery, life and relationships get better than you've imagined.

The path to recovery may be steep, but the view from the top of the metaphorical mountain is a great one. When individuals do inner work, face up to fears, and work through emotional struggles, they are empowered to love more freely and powerfully than ever before.



How to tell if your spouse or loved one needs treatment

Ordinarily, people recovering from addiction go through a process similar to the stages of grief:

Denial —> Anger —> Bargaining —> Depression —> Acceptance.



It may be insightful for you to assess what stage you think your spouse or loved one is in, based on their behaviors. Generally speaking, recovery is difficult until a person gets past the bargaining stage.

Once a person accepts that they have a problem for which they need outside help, healing can begin.

It's worth noting that these stages usually overlap to some degree. A person may be coming into acceptance, but still suffer from depression. Or they may submit to attending some meetings, but “bargain” by convincing themselves they don't need therapy or treatment. The tendency is for relapse to follow until it's painfully clear more professional help is needed.

If your loved one's struggles are interfering with their ability to function normally, and if non-professional recovery groups have failed, they need treatment. However, each family is different; there's no “one size fits all” recovery program. Take your time and research the options available for addiction help.

Some choose outpatient therapy because it allows them to live at home and continue work, school, or other commitments while undergoing treatment. Others need the structure and support of an inpatient, residential approach in order to affect lasting change.

Chapter 3

Do's and Don'ts for Supporting a Loved One with Addiction

We've heard so many affected family members say, "I'm at the end of my rope; I can't do this anymore. Can you tell me how to help my loved one with addiction?"

No matter how many times we have these conversations, it is a powerful moment to witness. Sometimes, the act of owning up to the truth and requesting addiction help is the hardest part of the whole recovery process.

Recognizing the reality of your spouse's or loved one's addiction may be the first step in your journey. But recovering from substance abuse will require them to come to the same realization...on their own.

Let us start by saying, there is hope. We have infinitely more resources and knowledge of addiction today than just a few years ago. And there are abundant stories of couples who have persevered and come out the other side better and stronger.

But understand, it can be a long road, and it helps to know about some common pitfalls to avoid along the way. In this section, we'll discuss specific do's and don'ts for dealing with addiction.

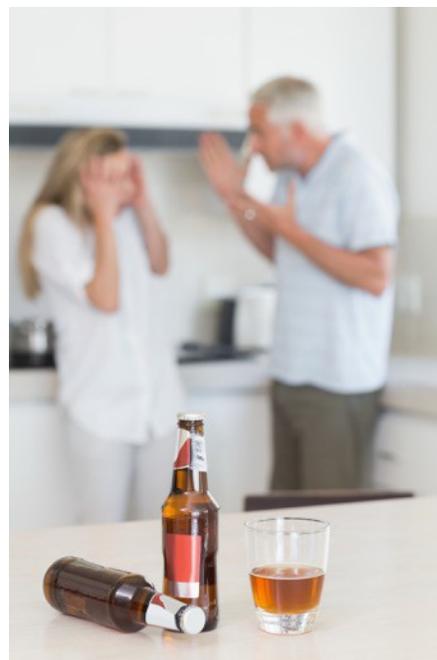
What Not To Do

When your spouse or loved one is struggling with addiction, it's easy to slip into believing that you need to save the day. You only want the best for them, but those good intentions can tip over into controlling, unhelpful behavior if you're not careful.



So let's talk about what NOT to do when you're helping an addict:

- **Don't try to monitor your spouse's or loved one's drug use.** This puts you in a parental role, which is often met with resentment. It's better to respect your loved one and relate to them as a peer even when you're frustrated and angry about their behavior.
- **Don't offer unsolicited advice.** All of those advice-column clichés are true: giving unsolicited advice is the fastest way to create resistance within another person. Even when coaching, advising, and preaching is well-intentioned, it can actually prevent the very change you'd like to see happen.
- **Don't try to fix the problem.** Though your loved one's addiction is a problem that certainly affects you, it doesn't actually belong to you. The problem belongs to them, and only they can fix it. You cannot control someone else's behavior, only your own response to it.
- **Don't criticize, or try to manipulate them into changing.** Harsh words and coercive actions don't promote positive change. Rather, they trigger feelings of shame, which feeds the desire to drug and numb out.



All of these behaviors are examples of codependency, which Shawn Meghan Burn, Ph.D. defines as “a dysfunctional helping relationship where one person supports or enables the other person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement.”

It's common for loved ones to struggle in this area. What does codependency look like in real time? Here are a few examples.

- Making excuses and lying to cover up your loved one's addiction. For example, don't call in sick for them when they are ill due to using.
- Overachieving so that your spouse or loved one can continue to under-function. Perhaps you've taken on more and more household responsibilities in order to compensate for your spouse's lack of participation.

- Revolving your life around your loved one’s needs and desires (and growing increasingly resentful because of it). Maybe you've given up much needed rest, exercise, or connection time in order to take care of your hungover spouse.

The result of ongoing codependency is deep internal depletion. Fortunately, you can restore and nourish yourself by making different choices.



Things You Can Do

There are plenty of healthy choices that you can make in response to your spouse's addiction. However, we'll give you fair warning: this is probably not what you want to hear!

Most likely, you've been working hard to try and get your spouse or loved one to change. We're encouraging you to try a different path, one that focuses on caring

for yourself in a healthy way. When you're tempted to start criticizing and controlling, try these behaviors instead:

- **Do let go.** Recognize that attempting to control someone’s addiction only makes it worse. Ask yourself this simple question from recovering alcoholic and spiritual teacher Byron Katie: “[Whose business am I in?](#)” Most of us spend a lot of time mentally in other people’s business. Conserve your energy (and your sanity!) by staying in your own business.
- **Do let your spouse or loved one experience the consequences of their actions.** When their boss calls to ask about an absence from work, hand them the phone rather than making excuses. Support them – especially when it comes to finding treatment – but don't slide back into enabling behavior.
- **Do expect unsettling changes.** As your spouse or loved one seeks help, you will most likely see changes in behavior. Initially, abstinence and withdrawal can cause irritability. On the other hand, they grow in maturity and become more confident, be more honest about their feelings, or set boundaries. These changes, even the positive ones, can be difficult as they can disrupt the status quo.

- **Do get help for codependency.** When the desire for control gets overwhelming – and it will! – seek out your own support. Make sure you are taking care of yourself and receive counseling. Going it alone won't help, but getting plugged into healthy relationships will.
- **Do be honest.** Decide to say yes when you mean yes, and no when you mean no. Let go of trying to fix your loved one's problems and focus on staying in your own integrity.
- **Do encourage and affirm your loved one taking responsibility.** Sadly, many who struggle with addiction actually are discouraged by loved ones from taking positive steps like recovery groups, counseling, and treatment due to bitterness, financial fear, or skepticism. Willingness is a key to recovery, so when an addicted loved one begins to seek solutions, it's a very good sign that should be encouraged.
- **Do take care of yourself.** Seeking help for a spouse's or loved one's addiction can trigger feelings of fear, overwhelm, and resentment within you. If that's true for you, take pause during stressful moments and recharge. Deep breathing, meditation, exercise, coffee with a friend are good ways to destress and help see issues more objectively. And when conversations with your loved one get heated, suggest a breather...time for both of you to calm down.

A Word About Anger

Everybody has anger. So why do [anger and addiction](#) seem to go together? Is anger some by-product of addiction and dependency? What we know is that underneath that anger there's a hurt. There's something that's hurting us inside.

If you notice bursts of anger in your spouse or loved one, or depression (which is simply anger turned inward) this is confirmation that there is a sensitive underlying issue that may be fueling the addictive behavior.

If this anger turns abusive, of course you need to take steps to remove yourself from the situation. This is part of **healthy self care**, and it forces your loved one to deal with the natural consequences of avoiding change.

Treatment Options & Resources

Treatment Options

There are many options available for treating addictions of all kinds. This section explores some of the common treatment categories to help you and your loved one make informed decisions about the best path forward.

Treatment Types:

- Non Professional Recovery Groups
- Individual Therapy / counseling
- Outpatient treatment
- Inpatient treatment

Which type of treatment is best for you, depends on you/your loved one. The main benefits of each are as follows:

	Pros	Cons
Non-Professional Recovery Groups (Mostly 12 Steps based)	Ubiquitous; 24/7 support; free	Non-professional; non-holistic; low success rates*
Individual Counseling	Personalized; professional techniques	May lack spiritual component; 1 hour / week; no 24/7 support
Outpatient Treatment	More immersive than counseling; less disruptive to routines than Inpatient Treatment	Doesn't remove person from environmental triggers & stresses
Inpatient Treatment	Immersive focus on healing; distance from toxic environment	Costly; often requires leave of absence from work & other support from family to cover responsibilities

Within each of these categories, there are a variety of treatment modalities. The 12 Steps approach is the most pervasive, but many other approaches exist that are more *evidence-based* and rooted in more modern advances in the field of psychology.

Holistic Healing

Working All Levels in Recovery – Holistic Treatment

Conventional psychology focuses on three levels for healing – physical, mental, and emotional. This is like a three-legged chair. It is incomplete and not totally balanced. Spiritual Psychology incorporates the spiritual level, which is the fourth leg of the chair, completing the foundation and restoring true balance.



Many programs and therapists have limited tools that don't address one or more of the dimensions of healing. Each person is different. For one person the core underlying issue may be emotional in nature, where for someone else it may be spiritual. Different counseling tools and techniques are required to address different core issues.

Level	Description	Conventional Psychology	Spiritual Psychology
Physical	What you do	✓	✓
Mental	What you think and believe	✓	✓
Emotional	What you feel	✓	✓
Spiritual	Who you truly are		✓

Most people who struggle with addiction and are seeking help for the first time, don't have awareness of the underlying issues that are driving the addictive behaviors. Thus, while an AA meeting may be an easy first step, it is insufficient as a healing modality for those dealing with deep emotional issues.

Dual Diagnosis

According to NAMI (National Alliance on Mental Illness), dual diagnosis is when someone experiences a mental illness and a substance abuse problem simultaneously.

Dual diagnosis is a very broad category. It can range from someone developing mild depression along with binge drinking, to someone's symptoms of bipolar disorder along with heroin abuse.

A person with a mental health condition may turn to drugs and alcohol as a form of self-medication to improve the troubling mental health symptoms they experience. However, drugs and alcohol only make the symptoms of mental health conditions worse.

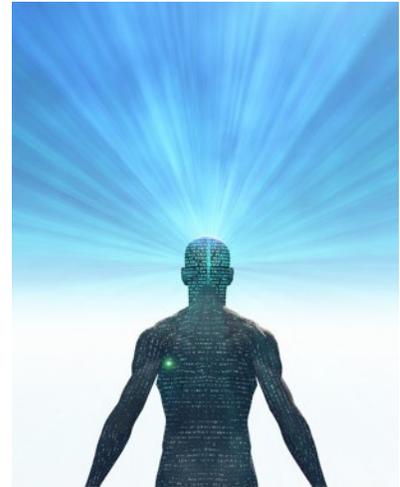
It's worth noting that the addiction doesn't have to involve substances. We can abuse other things like food, sex, gambling, video games ... even work or excessive exercise. The common attribute is that the behavior is being used compulsively to numb out from a deeper emotional issue. We now know that the brain's chemical response to compulsive sexual and food inputs is [very similar to that of cocaine](#).

Why is all this important? In our experience treating addiction, the vast majority of cases involve a dual diagnosis; in other words, there is an underlying mental or emotional issue that is the driving force behind the acting out. When this is true, professional counseling is needed.

Another Look at the 12 Steps Approach

It's our opinion that the low success rates of 12 step programs (generally reported to be 5-10%) is partially due to the fact that it is not equipped to deal with mental and emotional illness, which is a root cause factor in addiction. The peer-based support offered by 12 step groups often helps to achieve an initial period of sobriety, but that sobriety doesn't sustainable because the underlying psychological issues have not been addressed.

For an in-depth discussion on the 12 step approach vs alternatives, download our eBook, [Another Look at the 12 Steps](#).



Inpatient vs Outpatient Treatment



Both inpatient and outpatient treatment can be beneficial, depending on an individual's circumstances. The decision to go to outpatient treatment vs. inpatient treatment is based on the severity of the condition, financial constraints, work commitments and the individual client's personal situation.

The guiding factor, is which level of care gives the participant the highest probability of lasting recovery?

While outpatient treatment care can be effective in some circumstances, in most cases a higher rate of recovery can be obtained through choosing the appropriate inpatient treatment program.

Pros and Cons of Inpatient vs Outpatient Treatment

	Pros	Cons
Inpatient Treatment	<ul style="list-style-type: none"> ▶ 24-hour care ▶ Meals and housing included ▶ More intensive treatment ▶ Time away from stressful environments and drugs of choice ▶ Patient health, progress and challenges are more closely monitored ▶ Secure, controlled environment ▶ Better focus on treatment ▶ Best option for severe cases 	<ul style="list-style-type: none"> ▶ More expensive ▶ Requires extended time commitment ▶ Requires time away from work, family and friends
Outpatient Treatment	<ul style="list-style-type: none"> ▶ Lower cost ▶ Allows one to maintain daily commitments ▶ Allows more contact with family and friends 	<ul style="list-style-type: none"> ▶ Less intensive treatment ▶ Participants remain in their home environment, which may have contributed to their condition ▶ Participants are open to distractions ▶ Not a good option for severe cases



Residential (Inpatient) Treatment Costs

Why do some rehab programs cost so much more than others?

Simply put, the quality and content of rehab programs varies widely.



Treatment facilities themselves fall into distinct cost categories from bare-bones basic to over-the-top lavish.

At some rehab programs, participants receive a state-mandated minimum level of individualized counseling hours. Depending on where the facility is located, that minimum may be shockingly low. At other programs, participants have over four hours of individualized therapy per day.



Check out our post [Rehab Prices: How Much Does Inpatient Residential Treatment Cost?](#) for a detailed overview of what you can expect from rehabs of various price points.

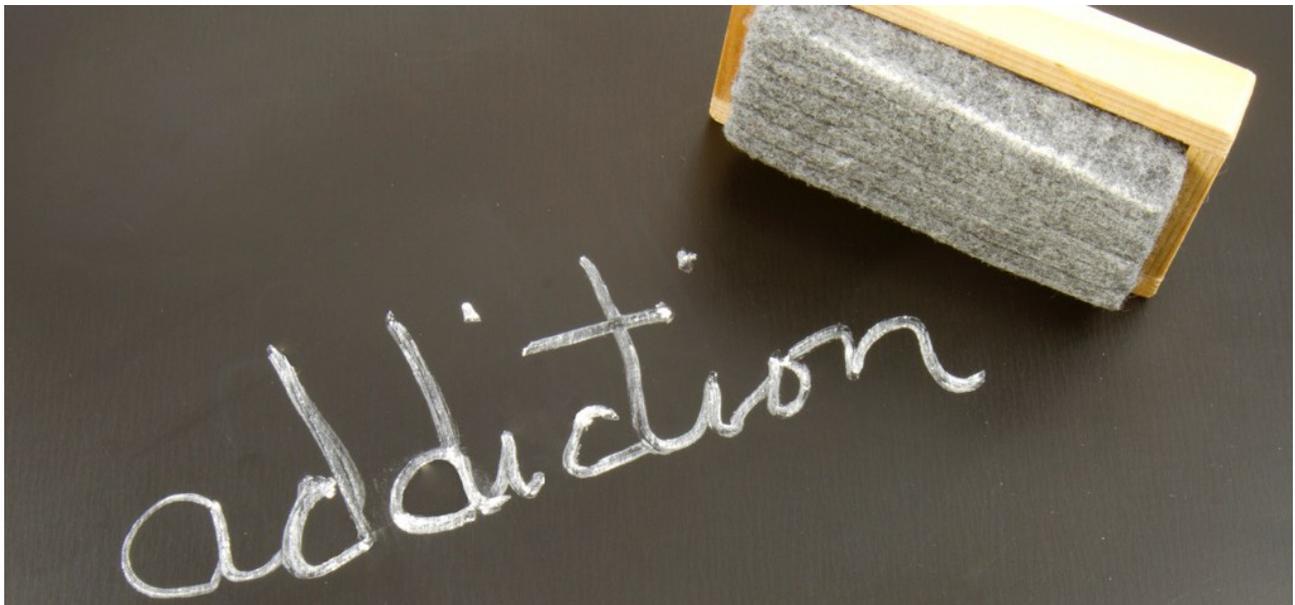
Paying for Residential Treatment

It's a sacrifice, but freedom from addiction is priceless, for both you and your loved one. There are ways to raise the money to pay for residential rehab. You may have insurance that will cover part of the cost at a limited number of facilities. But don't choose the program based on what your insurance will pay for. Choose the program that will provide the greatest chance for success.

Some of the key factors to consider are:

- ***How much am I paying for unnecessary luxuries?*** Nothing is free. If a facility has fancy pools and spa services, these either drive up the cost or offset important counseling and therapy offerings.
- ***Does the program offer dual diagnosis and holistic treatment?*** Many programs only pay lip service to dual diagnosis. Ask them to explain it. Dual diagnosis programs should offer lots of individual counseling and multiple psychological tools aimed at dealing with depression, anxiety, trauma, self-loathing, and other mental and emotional disorders.

- ***How much individual counseling is provided?*** Individual counseling is essential to recovery and one of the primary benefits of residential treatment. So don't skimp. Ask how many hours are included and shoot for at least daily frequency.
- ***Is the program evidenced-based with professional therapists?*** Some programs may rely wholly on the 12 steps approach as the healing modality. Seek a program that includes proven psychotherapy techniques.
- ***What is the program success rate?*** It may be hard to verify, but ask how their success rates are determined, and over what period of time.
- ***Does the program offer financing?*** Good health care financing programs exist and can help you get the treatment you really need.
- ***Does the facility offer private rooms?*** Having a quiet personal space is important, and roommates can create stress.
- ***What type of participants does the program accept?*** A revolving door of mandated participants who aren't serious about recovery can be a big distraction.



Conclusion

A Word of Encouragement

You can support your loved one while acknowledging the limits of what you can do for them. You can encourage their recovery while remembering that it is their journey. You can love them while taking good care of yourself.

This is a battle – but it's a battle worth fighting. Remember that people who struggle with addiction are not immoral or weak. They are battling powerful mental and emotional forces that have become too much for them to control.

Once the realization is made that help is needed, healing can begin.

About the Clearing

Have you ever experienced something so great and profound that you just had to share it with others?

Well, if you have, then you'll understand what motivated us to tell our story, do our work, and to start The Clearing, all in an effort to help others still struggling. This ebook and our work at The Clearing is a labor of love.

Speaking From Experience

Plain and simple, everything you read here is real. We have first-hand experience with detox, Malibu treatment centers, Twelve Steps, and many, many individual cases of trouble with alcohol, drugs, depression, anxiety, and other disorders. We have witnessed a spiritual approach to healing and its transformational effects in both our own lives and the lives of countless others. So if you read it here, you can rest assured that these approaches have been tried and shown to work with authentic commitment.

We teach counseling skills, strategies and concepts based on the Principles of Spiritual Psychology. Using these simple but effective tools, our Participants are able to identify and heal the deep mental and emotional issues that have been driving them to their limiting behavior (drugs, alcohol, self harm, etc).

The Clearing's Story

In December 2011, the two Founders began working together to create the program that has now become The Clearing.



Betsy Halper Joseph H. Halper, Jr.

We were all too familiar, from personal experience, with the rehab industry and its weaknesses. We observed that the success rates were very low. More troubling, we knew of many stories of people going to rehab and not experiencing a substantive program, in some cases coming out of treatment worse than they went in. Our research showed that many programs solely

provide behavior modification and coping skills as their solution, which doesn't address the core mental and emotional issues present for people struggling with their personal situation.

We all have backgrounds in Spiritual Psychology, and together we said with absolute clarity, "we can do better." Each of us have the experience of healing profound issues which limited our lives through the Principles of Spiritual Psychology and we have been tremendously blessed to have worked with others and watched them do the same. Without a doubt, we knew it was the time in our lives to create and manifest this Program.

In designing our Program, we started with a blank piece of paper. We didn't look at what insurance would pay for and we didn't look at what other programs were doing. We focused on creating a program that would provide the best opportunity for our Participants to heal the underlying core issues that were limiting their lives. We had all been through an excellent program at the University of Santa Monica and we drew heavily on our experience there.

The result is the Program we offer you today. Together we have spent years designing and implementing the best program we knew how to create, in the best facility we could find. The result is a highly effective program, in a loving, healing and safe environment, located in a beautiful location in the San Juan Islands of Washington State.

There is literally not another program like us in the country. This Program was designed from the ground up to provide our Participants with a set of life altering tools they will use both in their present circumstance, and also in their unfolding life going forward.

We are excited and confident that we have created an unparalleled program for those who participate honestly and authentically.

Mission Statement

When we came together to create The Clearing, one of the first things we did was form our Mission Statement. We did this so that we would have a compass, a document that reminded us each day what we were doing and why we were doing it.

We dedicate our lives to loving service.

With joined purpose, we have created a loving environment dedicated to teaching and modeling the Principles of Spiritual Psychology. Guided by Spirit, we are facilitating those entrusted to our care, as they heal their issues for the Highest Good of All Concerned. In an honoring, loving, authentic and professional way, we are providing care at the highest standards of the mental health industry.