



A place of new beginnings

Practical Recovery: A Holistic Foundation

Ben Wilson

In recovery, the growth/learning process is not really linear. Instead of going up as a straight line, it is curved, so that your growth starts out very slowly. Then it curves slowly upwards and later it takes off at high speeds. This is because recovery is **holistic (relating to or concerned with wholes, or with complete systems, rather than with the analysis of, treatment of, or dissection into parts)** and involves *your entire life*. The learning curve is steep because the task at hand is so overwhelming. Instead of learning simple, basic life skills, you have to learn how to live again. Not only that, but you have to do so in several different areas of your life.



Because of this, growth is slow at first. That's why so many will relapse in early recovery....because they have not stuck it out long enough to start seeing the benefits of staying clean. The benefits do come, if we give it a chance, and once they start coming, it is like a recovery explosion. Life starts getting better in so many different ways if we are truly focused on a holistic approach.

Because we are trying to grow in different areas (such as emotional balance, physical health and exercise, relationships, and so on) the benefits of this growth are truly huge when they finally kick in.

A holistic approach is synergistic. What is synergy? That's when **the total of something is greater than just the sum of its parts**. And that's a perfect description of what happens when you approach recovery in a holistic manner. The end result is much greater due to the connections of growth between different areas of your life. We grow in one area and it enhances our growth in another area.

Ben Wilson, Transitional Housing Coordinator at Talbott Recovery, has been in recovery since 2007 and soon after became a volunteer, then an RA with the Talbott Young Adult Program. Ben now serves as the Transitional Housing Coordinator, working with both adults and young adults currently in treatment. He currently writes a blog on recovery @TRCalumni.org, and is also a frequent contributor of motivating recovery articles for the weekly Alumni Newsletter. Ben is a founding member of the Talbott Recovery Alumni Group. He says of himself, " I love the 12-Step program, and love to share with others what it has done for me. My life today has been transformed from a disaster to a miracle at Talbott. I am forever grateful and humble to the staff at Talbott who were my treatment team; that I now get to call my peers & mentors."

Talbott Recovery is recognized nationally as a leader and pioneer in the assessment and treatment of chemical dependency and co-occurring psychiatric disorders with locations in Atlanta, Dunwoody, and Columbus, GA. We offer specialty programs for professionals, adults, and young adults, and dual addictions. More information contact Talbott Recovery-www.talbottrecovery.com or call 800.445.4232.