

Presented:

Innovations-Breaking Boundaries in Custody Litigation

June 12-13, 2014

Dallas, Texas

**Rocky Mountain High –
Substance Abuse and Other Addictions****Katherine A. Kinser
Benjamin J. Albritton
Kevin R. Fuller
Harold C. Urschel III**

Note: This paper was converted from a scanned image. The conversion has been reviewed for accuracy; however, minor spelling or text-conversion errors may still be present.

**ROCKY MOUNTAIN HIGH - SUBSTANCE
ABUSE AND OTHER ADDICTIONS**

MODERATOR:

KATHERINE A. KINSER
Kinser & Bates, L.L.P.
17103 Preston Road, Suite 150
Dallas, Texas 75248
(214) 438-1100
(214) 438-1150 facsimile
kathy@kinserbates.com

PANELISTS:

Benjamin J. Albritton, Psy.D., ABPP
Southwest Clinical and Forensics
8411 Preston Road, Suite 675
Dallas, Texas 75225
(214) 265-1400

Kevin Fuller
Fuller Mediations
2914 Maple Avenue
Suites C & D
Dallas, Texas 75201
(214) 954-1212

Harold C. Urschell III, MD, MMA
Chief Medical Strategist
Enterhealth LLC
8222 Douglas, Suite 375
Dallas, Texas 75225
(214) 890-6723

University of Texas School of Law
**2014 INNOVATIONS - BREAKING BOUNDARIES IN
CUSTODY LITIGATION**

June 11-13, 2014
Dallas/Addison, Texas

The Revolutionary, Science-Based
Alcoholism and Addiction Recovery Program

Healing^{the} Addicted Brain

HAROLD C. URSCHEL, III, MD

CEO and Founder of the Urschel Recovery Science Institute and www.EnterHealth.com



SOURCEBOOKS, INC.
NAPERVILLE, ILLINOIS

Copyright © 2009 by Harold Urschel
Cover and internal design © 2009 by Sourcebooks, Inc.
Cover design by Cyanotype Book Architects
Cover photo © iStockPhoto.com/MiguelAngeloSilva
Internal photos © The Urschel Recovery Science Institute

Sourcebooks and the colophon are registered trademarks of Sourcebooks, Inc.

All rights reserved. No part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems—except in the case of brief quotations embodied in critical articles or reviews—without permission in writing from its publisher, Sourcebooks, Inc.

All brand names and product names used in this book are trademarks, registered trademarks, or trade names of their respective holders. Sourcebooks, Inc., is not associated with any product or vendor in this book.

This book is not intended as a substitute for medical advice from a qualified physician. The intent of this book is to provide accurate general information in regard to the subject matter covered. If medical advice or other expert help is needed, the services of an appropriate medical professional should be sought.

Published by Sourcebooks, Inc.
P.O. Box 4410, Naperville, Illinois 60567-4410
(630) 961-3900
Fax: (630) 961-2168
www.sourcebooks.com

Library of Congress Cataloging-in-Publication Data
Urschel, Harold.

Healing the addicted brain : the revolutionary, science-based alcoholism and addiction recovery program / Harold Urschel.

p. cm.

Includes index.

1. Alcoholism—Treatment. 2. Substance abuse—Treatment. 3. Brain—Effect of drugs on. I. Title.

RC565.U77 2009

616.86'06—dc22

2008045016

Printed and bound in the United States of America.

BG 10 9 8 7 6 5 4 3 2 1

*To my wife, Christi, and two sons, Chance and Carr, for encouraging
me to write a book that would really make a difference.*

CONTENTS

Introduction	1
Chapter 1 - Its a Disease!	5
Chapter 2 - Changing Your Thoughts from Pro-Addiction to Pro-Recovery.	27
Chapter 3 - Combating Triggers and Cravings.	47
Chapter 4 - Medications to Initiate Recovery and Help Maintain Sobriety.	71
Chapter 5 - Your 12-Step Recovery Program.	103
Chapter 6 - Dealing with Difficult Emotions.	119
Chapter 7 - Dealing with Dual Diagnoses.	159
Chapter 8 - The Recovering Family.	185
Chapter 9 - Lapse and Relapse.	209
Chapter 10 - Health and Nutrition in Recovery.	237
Chapter 11 — Regaining Enjoyment and Pleasure.	253
Chapter 12 - True Recovery—Maintaining Your Goals for Life	269
Acknowledgments.	271
Index.	273
About the Author.	279

Introduction

Addiction is a lifelong disease, and to many who are caught in its web, it can seem like finding the right treatment takes just about as long.

If you're struggling with addiction, there's a good chance you've already seen several physicians and psychologists, have been through an inpatient or outpatient ("at home") treatment program, and have had exhaustive rounds of "talking therapy," which you were told was the state-of-the-art approach to curing addiction. Despite all this treatment, you are still addicted. Your work performance is suffering and family relations fraying; you either have screaming fights with your spouse/significant other or have retreated into a sullen, secretive silence. You're still spending much too much money on your habit, and your children are still at risk of physical and emotional damage.

If you're a member of an addict's family, or perhaps a close sober friend, you feel as if you've heard too many failed promises to sober up, covered up too much bad behavior, watched the family be pulled apart and the finances drained, and stood by helplessly as dreams were shattered and the life of the addict slowly slipped away. You've been through the emotional wringer too many times and seen the latest "guaranteed treatment" fail repeatedly. Sometimes you wish you could just walk away from it all—but you know you can't and feel absolutely stuck.

Through it all, whether you're the addict or the family member, you've wondered if there is any point to treatment. Why have your hopes been dashed over and over again? Why not just accept the obvious fact that an addict is an addict, and addiction is ultimately untreatable?

Before they came to me for help, many of my patients and their families feel that way, with good reason. Traditionally, the success rate for addiction treatment was abysmally low. A few of the medicines we had available were effective, but their use was limited or restricted for various reasons. The treatment most health experts pinned their hopes on, talking therapy, was not very successful. As a result, most addicts, their families, and friends were repeatedly disappointed. Understandably, many simply gave up.

I'm here to tell you that you no longer have to feel helpless and hopeless. There *is* hope, new hope that stems from a new scientific understanding of the nature of addiction plus novel medicines that finally allow us to control cravings and fix the physical damage to the brain caused by addiction. We now know that addiction is a chronic brain disease, that brain damage interferes with the addict's ability to respond to talking therapy, and that once the physical brain damage has been repaired, talking therapy and other elements of traditional treatment can be very successful.

We're at the beginning of a new era in addiction medicine, armed with a fresh view of the disease plus high-tech medicines and other treatments that will allow success for up to 90 percent of those who seek help. This is not just a tremendous improvement in the treatment rate; it represents a paradigm shift that will help us to turn the understanding of addiction from a shameful habit that destroys lives into a treatable illness.

I know you may have been disappointed before, but I can tell you that there is good reason for hope. The ideas and treatment concepts described in this book can help you regain your life or that of your loved one.

This book offers a comprehensive look at the new understanding of addiction and its treatment. Reading through it will arm you with the latest treatment information and ideas to help you to get the most from your recovery program—or help a loved one through treatment. However,

Also available as part of the eCourse

[Custody Litigation: Substance Abuse and Other Addictions](#)

First appeared as part of the conference materials for the
2014 Innovations—Breaking Boundaries in Custody Litigation session
"Panel II: Rocky Mountain High—Substance Abuse and Other Addictions"