

Evaluations and Consultations

Dr. Baum provides evaluations to assess if a person is abusing or in active addiction and also offers consultations to discuss treatment options.

Interventions

When you have faced reality, but the person needing help is still in denial, there is something invaluable you can do: an Intervention. Dr. Baum can guide you in preparing and carrying out a loving and effective intervention. This can be a life changing experience for everyone involved.

Counseling/Therapy

Healing takes place when people learn about:

- How addiction affects them
- How they contribute to the chaos
- Healthy boundaries
- Codependence
- What they can do differently while a family member is in primary treatment and afterwards.
- Mindfulness

Telemental Health

Specializing in HIPAA Compliant Systems for Telemental Health Sessions. There is no charge for the first telemental health session if you do not want to continue working in this way.



CONSIDERATIONS IN RECOVERY

Many people in recovery realize while they were actively using they didn't develop emotionally mature ways of coping with life's ups and downs. Joanne uses a variety of therapies to identify and process core issues that hold people back so they can "grow up." Commonly identified core issues are:

- Trauma (Big T and little t)
- Feeling Stuck
- Feeling Unworthy
- Feeling Inadequate
- Feeling Undeserving
- Distress/Anxiety
- Fear
- Anger

Continuing Care

A primary treatment program can provide a strong base for your recovery. Afterwards you will be dealing with life and its stressors while staying sober. *Handling the hard stuff* on your own can be difficult. Recovering people find it helpful to address:

- The differences between "not using" and "being in recovery"
- Living life without an active addiction
- Transitional issues
- Trauma from your past interfering in the present
- Thriving versus Surviving
- Changing family dynamics
- Relapse Prevention
- Codependence in yourself or other family members such as
 - Unhealthy boundaries
 - Losing yourself in others
 - Low self-esteem
 - Trouble meeting your needs
 - Trouble modulating your emotions
 - Emotional immaturity
 - Enabling

By coming up with options to handle these challenges you help assure your sobriety as you transition from chaos to healing.



See a list of additional services on the back.