

Redefining Recovery

Above and Beyond begins by assisting you in rediscovering yourself so you know who you're running *towards*, no longer running *away* from who you are or who you've become.

We view recovery as an *intrinsic* process, one that emanates from who we can help to wake up inside of each person who walks in our door, instead of an *extrinsic* process where rules and rigid protocols define how a person behaves. The latter may work temporarily but is unsustainable and has become one of the most persistent perpetrators of relapse.

Above and Beyond's patients learn to sprint towards the light of their own recovered lifestyles instead of running, in fear, from their own darkneses. We've found that harsh self-condemnation usually wins, eventually, if it operates unopposed because it wears our patients down. In contrast, the light regenerates and illuminates each unique, self-defined path towards sustainable purpose, meaning, and life satisfaction.

Put simply, Above and Beyond is not fear and guilt based, but instead, has built its protocol on hope, compassion, acceptance, and positive psychology. We inspire, motivate, and attract instead of inflicting guilt, fear, and exclusion.

We walk with our patients as they become the empowered guides of their own journeys through the enlightenment they receive through designing their own individual paths and treatment plans, with support from our wide array of proprietary programs, techniques, and self-help groups.

