

## NLP and Recovery

### Neuro-Linguistic Programming (NLP) is

- the study of human excellence - a practical and powerful approach to personal change
  - a way of constructing our internal world to give it meaning
  - the influence of language on our minds and subsequent behaviour.
- NLP is a useful model of beliefs and techniques that offers a way to use the mind and body to achieve excellence in learning, business, counselling, relationships, sport and other experiences in life - like recovery. It is the process of reviewing current thought, behaviour and linguistic patterns. By discovering personal patterns and removing self-induced limits, new levels of awareness and personal effectiveness can be achieved.

NLP provides techniques and strategies to effectively transform the way you traditionally think and act and eventually adopt far more successful models of human excellence.

The practice of NLP is based on the following principles:

#### 1. The map is not the territory

People respond to their experience, not to reality itself. NLP is based on the understanding that, with our five senses, we are able to perceive only a relatively small part of the world. Our view of the world is filtered by our experiences, assumptions, beliefs and values. We feel and act based on our perceptions of the world/events (our maps of the world) rather than the real world.

We are however, able to change our map of the world and consequently our reaction to the world. This can be achieved by being more aware of our environment, and optimising our sensory perceptions. Secondly, by testing our assumptions and beliefs in terms of the reality before acting on it. Lastly, by thinking rationally about the situation we are facing before we respond to it. It can save us from unnecessary discomfort and conflict.

#### 2. Experience has a structure

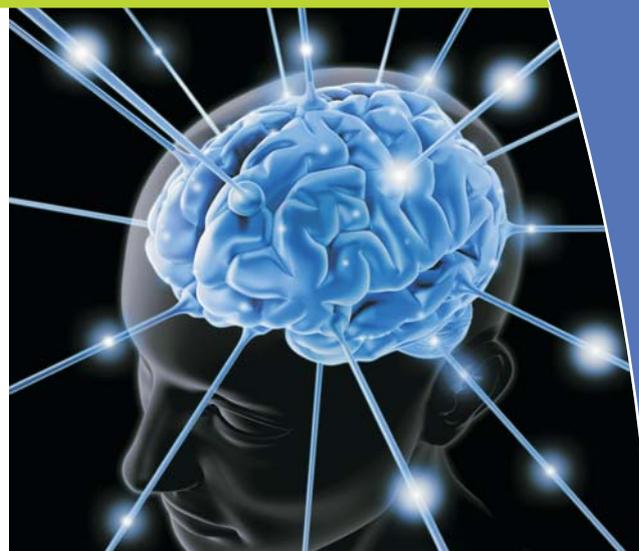
All thoughts, memories and actions have a pattern to them. When we change the pattern or "structure", the experience will change. We can use this principle to change unpleasant memories and enrich memories that serve us.

#### 3. If one person can do something anyone can learn to do it.

If you think something is impossible, ask yourself the question "has someone else done it?" Through the process of modelling, we can learn to successfully change our mental map. By changing the way we think, we can change the way we feel and behave.

#### 4. The mind and the body are parts of the same system.

Thoughts instantly affect the body by way of muscle tension, increased



breathing, heart palpitations and headaches (to name but a few). These physical symptoms in turn affect our thoughts and feelings. Eventually it becomes a cyclic process. The key principle in this regard is that we do not have to be victims of our thoughts, but that we can affect change by changing our thoughts and applying helpful relaxation skills. When you feel anxious or overwhelmed, try to slow down your breathing, go for a walk or do any other form of exercise to release the tension.

#### 5. People already have all the resources they need or can create them

There are no un-resourceful people, only un-resourceful states of mind. If we had to look at a "skill" in more detail, we would see that it is made up of images, sounds, physical motor skills and feelings that are combined in a particular way. We all have a vast amount of inner resources. We just need to combine, sequence and practice them until they become an automatic skill.

- Erla Coetzee, Therapist Elim Clinic

Reference: *NLP @ Work* by Red Management Consultants

(Keep an eye out for five more NLP principles in the next edition of the Elim Clinic newsletter)

## What is a drug?

In the light of promoting drug addiction awareness, let's look at the facts concerning the identification of drugs and the definition of addiction.

A drug is any chemical substance, natural or synthetic, legal or illegal, that changes the way a person feels, thinks and behaves. The substance is used repeatedly to an escalating extent for the effect it has on the person's feelings and thoughts.

Drugs include not only illegal street drugs or prescribed medication, but also "socially acceptable" drugs such as nicotine and alcohol.

A person is addicted to a substance when his/her daily functioning - including work, relationships with family and friends, financial situation,

physical well being, emotional and spiritual well being - is negatively affected due to the substance he/she is using and related behaviour.

The person can no longer function in a normal way without using the substance, and will go to any length to obtain and use the substance. He/she might try to cut down or make several promises and attempts to stop, but with no avail or long-term success. Addiction, knows no limits!

Remember: there is no shame in asking for help. No one has to go through recovery alone.

**Don't wait, make that call now!**

## Editorial

### When push comes to shove / "Wanneer die tekkie die teer tref"

People often ask which stage of the recovery process is the most difficult. To this question there are numerous possible answers, and all can be spot on. However, most people will agree that the first two years of recovery are the most challenging, and not only on a physical level due to detoxification and withdrawal, but literally on all levels of functioning. When a person admits that he/she is addicted and that his/her life has become unmanageable as a result of the addiction, the most imperative step on the road to recovery has been taken. Once a person surrenders, the healing can start. The initial phase of recovery is a very challenging and trying time, but when push comes to shove is when a person has completed the rehab stage and goes back to their usual circumstances. That is when the "tools" that a person acquires during treatment must be put to work.

It cannot be that complicated, people say. It is merely an issue of stopping. At Elim Clinic, we have a saying "it is not about stopping, but about staying stopped and doing so without being miserable all the time". The AA has a saying "easy does it", which means focus on doing the things that you can manage first and build up the strength and insight to eventually move on to the more difficult aspects of recovery. This concept links directly with the "one step at a time, one day at a time" principle. The interesting thing about the principles of recovery is, that it is not only applicable to people recovering from addiction, it is applicable to most situations of change and transition in life, whether it be an operation, mental illness, a divorce, break-up, a financial crisis or even changing house or work.

The essence of recovery is change; not only in terms of the way one thinks, but also in the way we live our lives. Below is a brief outline of the five crucial aspects involved in recovery.

1. Physical stabilisation through detoxification and withdrawal. Regaining physical strength and health.
2. Recovery on a spiritual level. This is a personal issue based on the belief of each individual. Whichever way one approaches this part of the recovery process, it remains a key component to maintained recovery.
3. Recovery on an emotional level. Dealing with emotional hurt, trauma, depression, anxiety and often years of unfinished business.

4. Recovery of interpersonal relationships. Dealing with the pain and confusion in relationships with family, friends and colleagues.
5. Recovering on an economical level which mostly entails career and finance.

From these five points it is clear that each aspect of recovery, especially during the first two years, entails major change to one's life. It is often for this reason that some resist or find excuses as to why they do not need to change. Of course it is a challenging thought, but it is exactly for this reason that one has to take it slowly. When the more adventurous amongst us go to the beautiful country of Tanzania to climb the highest mountain in Africa, mount Kilimanjaro, the guides who accompany them up the mountain usually have one phrase that they repeat throughout the journey namely "pole, pole" (which means slowly, slowly). Except for the fact that "pole, pole" is a way of life in Tanzania, it is also the only way to acclimatise and eventually get to the top of the mountain. That is indeed the essence of any mountain we climb, whether it be the mountain of recovery from addiction or any other mountain in one's life. Remember, you do not need to undertake the journey alone. Take hands and accept the help that is available. Make it a journey worth remembering. Do it "pole, pole", but keep going. Don't look back, go forward and upward. The view from the top is 100% worth the effort!

- Theresa Haarhoff-Petersen (Editor)



## Think Health, Not Drugs!

### International Day against Drug Abuse

International Day against Drug Abuse has been observed around the world on the 26th of June 2010. This is an annual event initiated by the United Nations Office on Drugs and Crime (UNODC). The theme of this year's world drug campaign was "Think health, not drugs". The aim of this day was to create awareness amongst the public, especially the youth, of the harmful effects drugs can have on their health, and to focus of healthier ways of living.

Despite an increase in public awareness concerning the effects of

drug abuse, the power of drugs (including alcohol) is grossly underestimated. Initiatives such as the world drug campaign create the opportunity for individuals and communities to get involved, and commit themselves to the fight against drugs.

At Elim Clinic we commemorated the event with a special program involving all patients and staff. Patients were actively involved with poem and song writing, designing posters portraying the theme of the day, as well as a dedicated praise and worship session.

**We continue the fight against drug abuse.**



## Congratulations



Congratulations to Sister Irene Moeng who has been promoted to nursing services manager! Elim Clinic is blessed with dedicated staff members, and we all wish you the best in this position, Irene.

## Come and join the fun! Golf Day at Elim Clinic

Elim Clinic is hosting its 8<sup>th</sup> golf day project on the 21<sup>st</sup> of October 2010. In previous years it has proven to be a great success, and fun for all involved. This initiative is being launched in order to raise funds for Elim Clinic, amongst other to sponsor patients who are unable to pay for treatment due to unemployment and lack of medical aid.

There are various ways in which you can be involved with this event and anybody is welcome to participate. It is essential to make bookings well in advance. Contact us, and be a part of making this an experience to remember.

- Main sponsorship will be entitled to naming rights at a negotiated fee.
- Entering a four-ball team at R2 000.
- Sponsoring a hole at R1 000 or R3 000 (excluding entry fee).
- Sponsoring the longest drive or nearest to the pin (both ladies and men).
- Donating a prize, or making a donation to Elim Clinic.

- Irma Benson, Elim Clinic

## Going Green

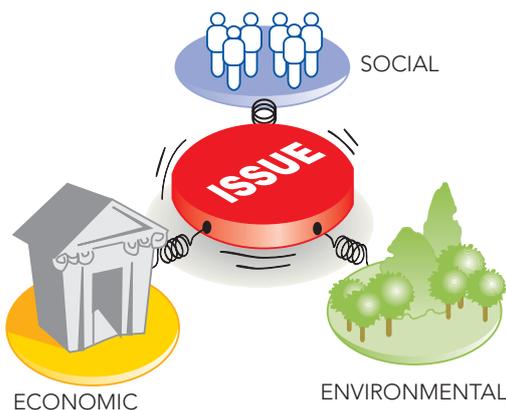
Today *going green* is a global concept. More and more communities, organisations, families and individuals all over the world are becoming aware of the global effect of the waste of valuable resources, as well as the destructive effect of CO<sub>2</sub> emission. South Africa is ranked the country with the thirteenth highest level of CO<sub>2</sub> emissions in the world.

The statement has been made that "we are killing the planet", and if we are honest about this, we know it is true. It is however, not to say that everyone who is aware of this fact is taking action in preventing further unnecessary depletion of natural resources, or reducing global warming and creating healthy alternatives. At Elim Clinic our aim is to take responsibility for our role in the utilisation of natural resources.

It is a well known fact that to implement this concept throughout the organisation at every point of consumption is a costly affair, but we can start with the issues that are within our power and ability to change. At Elim Clinic we are focusing on saving water and electricity, using garden furniture made from recycled plastic, recycling paper and minimising the amount of paper we use (eg. by making efficient use of digital media and minimising printing and copying). These are but a few examples signifying the initial phase of "Going Green", we hope that in the months and years to come we will be able to extend this project (for instance by installing solar heating and recycling grey water and all non-human waste).

Our vision is to be able to report on a triple bottom line, not only focusing on the financial/economic aspect of our organisation, but fully incorporating the social and environmental aspects as well.

- Erla Coetzee



## I choose life

26 June 2010 - International Day against Drug Abuse  
Poem written by a patient who received treatment for drug addiction at Elim Clinic.

"I choose life

Breath... Hit... Shnaff... See.

My mind and my body is gracing eternity.

10 minutes... 20 minutes... 30 minutes...

Down. Hell brings my body down and I need more

Wracked by agony and confusion my only answer is drugs

More. I sell my soul for it like a whore

Crawl. It hits me, I need something more

No drugs, it's hell, please not another score.

But my body crawl towards is, my mind seeks help!

Elim... God. I'm being set free from this hell and I soar,

I stand. This weight falls of my shoulders

Free... Clean... Living...

I dance with heaven once more"



## Value of aftercare

Aftercare is a group of people recovering from addiction who come together on a weekly basis to share their experiences and support each other in the process of recovery.

establishing a new lifestyle, but about maintaining it on a daily basis. One cannot recover from addiction in isolation. Join an aftercare group and discover that you are not alone, but that you are part of a group on the same exciting journey. Isn't it a good feeling to look back at the end of each day, good or bad, and say "Another sober and clean day. Ain't life great!"

Aftercare group meetings at Elim Clinic start every Wednesday evening at 18:15. Professional therapists facilitate the group meetings. During the past financial year 2 834 people attended the 158 group meetings. There was an increase of 731 people attending aftercare in comparison to the previous year, with a significant increase in the drug aftercare group.

The increase in attendance is a clear indication that our ex-patients realise that recovery from addiction is a lifelong journey, not a destination.

If Elim Clinic is not within reach, you might want to contact one of the other organisations offering group support. If you would like more information or identify a group in your area, you can refer to the contact numbers provided below.

- CAD (Christelike Afhanklikheids Dienste) 082 724 7028
- AA (Alcoholics Anonymous) 086 143 5722
- NA (Narcotics Anonymous) 083 900 6962
- GA (Gambling Anonymous) 031 463 1616

- Margaret Augustyn - Clinical Manager, Elim Clinic

## Keep going!

### Report on Elim Clinic Athletic Club

On the 26th of June 2010 Elim Clinic Athletic Club as well as a few ex-patients and staff members participated in the Take 5 Relay in Pretoria. The Results were as follows, in the category women running team; Elim Clinic earned a gold medal. In the category junior boys running team, Elim Clinic earned a gold medal. In the Sports Club category Elim Clinic earned first place. The Elim Clinic walking team and men's running team both earned silver medals.

In general the young people who are members of the Elim Clinic Athletic club (see photo: right) are benefitting from this opportunity to improve their skills, even beyond running.



At the moment there are three senior and two junior members of the club who stand a good chance of being awarded provincial colors in cross country.

### Other results:

#### 17 July Central Gauteng Cross Country

- Action Ramaboea 1st in the category sub-veteran

#### 18 July Midrand Breakthru 15 km race

- 1st Paulos Radebe
- 2nd Mandla Ndlovu
- 3rd Sam Matluu

*Keep going girls and guys; we are behind you all the way!*

## Huldeblyk



Ons onthou met dankbaarheid die lewe van Stefan Opperman, oud pasiënte en 'n gereelde donateur. Stefan is onverwags op 38 jarige ouderdom oorlede op 7 Mei 2010.

By hom het ek geleer wat dit beteken om voluit te leef in elke aspek van die lewe - besigheidsmens, gesinsmens, natuurmens, mens mens. Stefan en sy familie se besigheid (Actuator Technical Services) se donasies word volgens hul wens vir Evangelisasie aangewend. Selfs na sy dood raak hy mense se lewens. Fanie, Juan-dré, Stiaan, Jaen-Cas, Cas, Barbara, Janie en Elize wees verseker van ons dankbaarheid en gebede met julle verlies.

- Elize Smith

## Updated Web site Launched!

On the 21st of July 2010, Elim Clinic launched its updated website. Go to [www.elimclin.co.za](http://www.elimclin.co.za) to see what's new!



### Meet us on Facebook

Elim Clinic is now on Facebook, meet us there and share a few thoughts.

## House Father

In the previous edition of the Elim Clinic newsletter, we reported on the new addition to our team, our very own house father. In this edition he shares with us his experience of being house father over the past few months. Thank you, Fannie. We appreciate you.

"It is a wonderful opportunity to fill the position of House Father at Elim Clinic. The way patients, old, young, male and female, take confidence in discussing their problems, downfalls and fears of life, asking for guidance and advice. It is a heart-warming fulfillment to encourage them to follow the Christian way of life, to open their hearts to Jesus and keep using prayer as encouragement and guidance for a clean and sober life. What gives the greatest joy is to look at a patient the day they arrive and then the day they leave after treatment. The difference is like night and day, positive to face the world outside with a new outlook on life."

- Fannie van Tonder, Elim Clinic House Father

133 Plane Road, Kempton Park  
PO Box 88, Kempton Park  
Email [info@elimclin.co.za](mailto:info@elimclin.co.za)  
Tel 011 975 2951  
Fax 011 970 2720  
[www.elimclin.co.za](http://www.elimclin.co.za)

