

FAQ 12-Step Program and Harm Reduction Program

Does NeuroCoach work effectively with the 12-step program?

The answer is yes. Keep in mind, addiction is a neural adaptation process resulting from substance abuse. Overcoming substance use is one goal of therapy, however returning people to productive functioning within the family, workplace, and community is a more compelling and longer-lasting goal, which NeuroCoach® programs focus on.

NeuroCoach®, as a program, works specifically with targeted neurocognitive brain systems to rebalance and reorganize brain disconnects. The brain has many different structures. One is the attention system, but there is also the insula complex. At one time it was believed that the insula complex only allowed the individual to pay attention to their body, but we have since learned that it is more than that...it allows us to tap into our morals, ethics, our understanding about life and our goals in life. Further, we have discovered that when the attention systems are connected to the insula complex in a strong and resilient way, the individual becomes volitionally present. Not just meditative “in the moment”, but “present in the moment”.

So, if we fix the hardware (brain disconnections or dysfunctions), the therapist can work more directly and effectively with their client’s psychological issues. When you put the two together, what results is a client whose brain is stronger and more resilient and can embrace/follow those healing therapies more efficiently and effectively. This allows the person to go into ‘reflective mode’, mindfulness, decision-making mode, self-consciousness (in the terms of reflecting upon actions and self in a good way). Who am I as a person? What is right for me? What expressions are appropriate. This aligns and dovetails nicely with the structure of the 12-step program.

Will NeuroCoach work within a harm reduction framework?

The answer is yes and no. When we work with folks who are early in addiction recovery, NeuroCoach® can help accelerate their progress in recovery. Their neuro-circuits haven’t yet reached the tipping point so they can still maintain a lifestyle that is healthy. But that becomes more subjective, what is healthy? For those in the program that feel the difference when their brain and cognitive abilities come back “online”, often reach a decision that they don’t want to continue using as much. But many choose not to use substances at all because they feel and see the difference between use and non-use. That then becomes a personal choice of what they want out of life.

When we work with folks who have already tipped, it can help bring things back, but it becomes more complex. Because every time a relapse occurs another brain insult occurs. When relapse continue to occur again and again the damage becomes cumulative on the brain and its performance and resiliency. So, each time a little more neuro-connectivity is interrupted and little more ground is lost in brain recovery. So, reduction is not always the best answer for everyone.

How does the client know when they are done?

The client will know they have completed the program because they *feel it*... they feel the difference. The family will *see it*. They see the changes in their family member or loved one. And NTL can *prove it* with the significant improvements in the measurements in brain function and brain performance and the objective numbers from the NeuroCodex® evaluation.