

epiphany wellness drug alcohol rehab tennessee

Epiphany Wellness Drug & Alcohol Rehab Tennessee: Finding Your Path to Recovery

Are you, or someone you love, struggling with drug or alcohol addiction in Tennessee? The journey to recovery can feel overwhelming, but finding the right support system is crucial. This comprehensive guide explores Epiphany Wellness, a drug and alcohol rehab center in Tennessee, offering a detailed look at their programs, facilities, and what sets them apart. We'll delve into the specifics of their approach, helping you understand if Epiphany Wellness is the right fit for your unique needs and paving the way for a brighter, healthier future. Let's explore the path to recovery together.

Understanding the Challenges of Addiction in Tennessee

Tennessee, like many states, faces significant challenges related to substance abuse. The opioid crisis, in particular, has devastated communities, leaving many individuals and families struggling to cope. Access to quality addiction treatment is vital, and understanding the available options is the first step towards recovery. This is where facilities like Epiphany Wellness play a critical role. They provide a structured environment designed to support individuals through the detox process, address underlying mental health issues often co-occurring with addiction, and equip them with the tools necessary for long-term sobriety.

Epiphany Wellness: A Closer Look at Their Tennessee Programs

Epiphany Wellness, a leading drug and alcohol rehabilitation center in Tennessee, distinguishes itself through a holistic approach to treatment. They understand that addiction is complex and often intertwined with mental health conditions like depression, anxiety, and trauma. Their programs address these multifaceted issues, providing a comprehensive path to recovery.

1. **Evidence-Based Treatment Methods:** Epiphany Wellness likely employs evidence-based therapies proven effective in treating addiction. These might include Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), motivational interviewing, and other therapeutic modalities tailored to individual needs. (Note: Specific treatment methods should be verified directly with Epiphany Wellness.)

1. Levels of Care: Depending on individual needs, Epiphany Wellness likely offers varying levels of care, such as:

Medical Detox: A medically supervised process to safely manage withdrawal symptoms.

Inpatient Rehab: Residential treatment providing 24/7 support and structured programming.

Outpatient Rehab: A less intensive option allowing individuals to continue living at home while attending therapy sessions.

Aftercare Planning: Essential for long-term success, aftercare planning provides ongoing support and resources to prevent relapse.

1. Personalized Treatment Plans: A hallmark of effective addiction treatment is personalization. Epiphany Wellness likely assesses each individual's unique needs and creates a tailored treatment plan that addresses their specific challenges and goals. This individualized approach maximizes the chances of successful recovery.

1. Addressing Co-occurring Disorders: The integration of mental health services is crucial in treating addiction. Epiphany Wellness likely addresses co-occurring disorders (dual diagnosis) through individual and group therapy, medication management (if necessary), and other interventions designed to promote mental and emotional well-being.

The Epiphany Wellness Approach: Holistic Healing

Epiphany Wellness likely adopts a holistic approach, recognizing that physical, mental, emotional, and spiritual well-being are interconnected. This philosophy may manifest in various ways:

Nutritional Counseling: Proper nutrition plays a crucial role in recovery. Epiphany Wellness may offer nutritional guidance to support physical health and overall well-being.

Exercise and Recreation: Physical activity is beneficial for both physical and mental health. The facility may incorporate exercise programs and recreational activities into their treatment plans.

Spiritual Support: For many, spirituality is an important part of recovery. Epiphany Wellness might offer opportunities for spiritual growth and connection through group meetings, meditation, or other practices.

Family Therapy: Involving family members in the treatment process can significantly improve outcomes.

Epiphany Wellness may offer family therapy sessions to address family dynamics and foster support systems.

Finding the Right Fit: Is Epiphany Wellness Right for You?

Choosing the right rehab center is a deeply personal decision. Several factors to consider when evaluating Epiphany Wellness or any other facility include:

Accreditation and Licensing: Ensure the facility is properly accredited and licensed to provide addiction treatment in Tennessee.

Insurance Coverage: Check with your insurance provider to determine coverage for treatment at Epiphany Wellness.

Reviews and Testimonials: Research online reviews and testimonials from past clients to gain insights into their experiences.

Location and Amenities: Consider the facility's location and the amenities offered, ensuring they are conducive to your comfort and recovery.

Staff Qualifications: Inquire about the qualifications and experience of the treatment staff, ensuring they possess the necessary expertise.

Taking the First Step Towards Recovery

Addiction is a serious but treatable condition. Taking the first step towards seeking professional help is a sign of strength and courage. If you are struggling with drug or alcohol addiction in Tennessee, Epiphany Wellness may offer a path to recovery. Research their services, contact them directly to ask questions, and explore whether their program aligns with your needs. Remember, you are not alone, and recovery is possible.

Conclusion

The journey to recovery from drug and alcohol addiction is unique to each individual. Epiphany Wellness, located in Tennessee, offers a potential pathway to overcome addiction through its comprehensive programs and holistic approach. By carefully considering your specific needs and researching available resources, you can find the support and treatment necessary to embark on a journey towards a healthier, happier life. Don't hesitate to reach out for help – it's a crucial step towards a brighter future.

FAQs

1. What types of addiction does Epiphany Wellness treat? This should be verified directly with Epiphany Wellness, as their services may vary. Generally, reputable facilities treat a range of substance use disorders, including opioid addiction, alcohol addiction, and other drug dependencies.

1. Does Epiphany Wellness accept insurance? Contact Epiphany Wellness directly to inquire about insurance coverage. They can provide details on the insurance plans they accept.

1. What is the cost of treatment at Epiphany Wellness? The cost of treatment varies depending on the level of care, length of stay, and other factors. It's essential to contact them directly to get a personalized cost estimate.

1. What is the typical length of stay at Epiphany Wellness? This also depends on individual needs and the level of care. Inpatient programs typically last several weeks, while outpatient programs may extend over several months.

1. What aftercare services does Epiphany Wellness provide? Aftercare is crucial for long-term recovery. Epiphany Wellness likely offers services such as ongoing therapy, support groups, and relapse prevention planning. It's advisable to contact them to learn the specifics of their aftercare program.

epiphany wellness drug alcohol rehab tennessee: A Book of Golden Deeds Charlotte Mary Yonge, 1927

epiphany wellness drug alcohol rehab tennessee: The Coding Manual for Qualitative Researchers Johnny Saldana, 2009-02-19 The Coding Manual for Qualitative Researchers is unique in providing, in one volume, an in-depth guide to each of the multiple approaches available for coding qualitative data. In total, 29 different approaches to coding are covered, ranging in complexity from beginner to advanced level and covering the full range of types of qualitative data from interview transcripts to field notes. For each approach profiled, Johnny Saldaña discusses the method's origins in the professional literature, a description of the method, recommendations for practical applications, and a clearly illustrated example.

epiphany wellness drug alcohol rehab tennessee: Roll Models Richard Holicky, 2004 I thought life was pretty much over. Paul Herman I was afraid people wouldn't see me for who I still was. Cathy Green I didn't need this to be a better person. Susan Douglas I wasn't sure I wanted to live "this way." Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their

families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your salvation or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of? A wonderful roadmap with many alternate routes to living and thriving with SCI. Minna Hong, SCI survivor and Peer Support Coordinator/Vocational Liaison, Shepherd Center Avoids the trap of providing a "one size fits all mentality" and provides solutions as varied as the individuals used as examples. Accentuates the positives while not sugar coating the difficulties. Essential reading. Jeff Cressy SCI survivor and Director of Consumer and Community Affairs, SCI Project, Rancho Los Amigos A great resource for people as they venture out into the world, or search for meaning and a deeper, richer life. Filled with examples of real people and their real experiences. Terry Chase, ND, RN; SCI survivor; Patient & Family Education Program Coordinator, Craig Hospital A wonderful tool for the newly spinal cord injured individual, as well as the therapists and counselors working with them. This certainly hits the mark in capturing important survival strategies. Jack Dahlberg, SCI survivor, Past President of the National Spinal Cord Injury Association Artfully crafted and organized, Roll Models sensitively portrays life following spinal cord injury. Informative, creative, sensitive, as well as infused with humor and a kind heart. Recommended with my highest accolades. Lester Butt, Ph.D., ABPP, Director of the Department of Psychology, Craig Hospital

epiphany wellness drug alcohol rehab tennessee: Allen Carr's Easy Way to Stop Smoking Allen Carr, 2009 The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

epiphany wellness drug alcohol rehab tennessee: Homesick Jenny Lauren, 2004-04-06 This startlingly plainspoken and unflinching first-person account by the niece of fashion icon Ralph Lauren details a wrenching struggle with anorexia and bulimia -- and speaks powerfully to a widespread failure by the medical community to understand eating disorders. With captivating blue eyes and dark hair, Jenny Lauren looked as though she'd stepped out of one of the glossy ads for which her uncle is famous. It was not long, however, before Jenny found herself in a world where it was easy to see herself as less than perfect. As a young dancer, she felt insecure that her muscular frame did not seem to measure up to the slim figures of the other girls. She was ten years old when she first starved herself. Although there were brief periods of recovery, Jenny spent much of her teens and early twenties bingeing, purging, and compulsively exercising. In 1997, her body finally broke down after years of relentless ravaging; her small intestine herniated. She could barely walk.

But physician after physician told Jenny her ailments were largely in her head. Eventually Jenny's condition was connected to her eating disorder and the resulting strain on her digestive system, but it was too late -- irreparable damage appeared to have been done. Although *Homesick* centers around Jenny's struggle with an eating disorder, as well as the dramatic surgery she was forced to undergo as a consequence, it is a much larger story that focuses on universal issues: the intricacies of family ties, the pressures of society, the search for selfhood, and ultimately, the power of finding hope. From the New York fashion shows to the art galleries of Santa Fe, from the Mayo Pain Management Clinic in Minnesota to the healing sanctuaries in Brazil, Jenny takes the reader on a cinematic odyssey to self-discovery. With flashes of wit and a knowing beyond its young writer's years, *Homesick* is a riveting and emotionally complex story of pain and tentative, hard-won recovery.

epiphany wellness drug alcohol rehab tennessee: *Unclaimed Children* Jane Knitzer, Lynn Olson, 1982

epiphany wellness drug alcohol rehab tennessee: Methland Nick Reding, 2009-07-01 A New York Times Bestseller Winner of the Chicago Tribune Heartland Prize Winner of the Hillman Prize for Book Journalism Named a best book of the year by: the Los Angeles Times the San Francisco Chronicle the Saint Louis Post-Dispatch the Chicago Tribune the Seattle Times A stunning look at a problem that has dire consequences for our country." -New York Post The dramatic story of Methamphetamine as it comes to the American Heartland-a timely, moving, account of one community's attempt to confront the epidemic and see their way to a brighter future. Crystal methamphetamine is widely considered to be the most dangerous drug in the world, and nowhere is that more true than in the small towns of the American heartland. *Methland* is the story of the drug as it infiltrates the community of Oelwein, Iowa (pop. 6,159), a once-thriving farming and railroad community. Tracing the connections between the lives touched by meth and the global forces that have set the stage for the epidemic, *Methland* offers a vital and unique perspective on a pressing contemporary tragedy. Oelwein, Iowa is like thousand of other small towns across the county. It has been left in the dust by the consolidation of the agricultural industry, a depressed local economy and an out-migration of people. If this wasn't enough to deal with, an incredibly cheap, long-lasting, and highly addictive drug has come to town, touching virtually everyone's lives. Journalist Nick Reding reported this story over a period of four years, and he brings us into the heart of the town through an ensemble cast of intimately drawn characters, including: Clay Hallburg, the town doctor, who fights meth even as he struggles with his own alcoholism; Nathan Lein, the town prosecutor, whose case load is filled almost exclusively with meth-related crime, and Jeff Rohrick, who is still trying to kick a meth habit after four years. *Methland* is a portrait of a community under siege, of the lives the drug has devastated, and of the heroes who continue to fight the war. It will appeal to readers of David Sheff's bestselling *Beautiful Boy*, and serve as inspiration for those who believe in the power of everyday people to change their world for the better.

epiphany wellness drug alcohol rehab tennessee: Mind Myths Sergio Della Sala, 1999-06-02 *Mind Myths* shows that science can be entertaining and creative. Addressing various topics, this book counterbalances information derived from the media with a 'scientific view'. It contains contributions from experts around the world.

epiphany wellness drug alcohol rehab tennessee: Flow and the Foundations of Positive Psychology Mihaly Csikszentmihalyi, 2014-08-08 The second volume in the collected works of Mihaly Csikszentmihalyi covers about thirty years of Csikszentmihalyi's work on three main and interconnected areas of study: attention, flow and positive psychology. Describing attention as psychic energy and in the footsteps of William James, Csikszentmihalyi explores the allocation of attention, the when and where and the amount of attention humans pay to tasks and the role of attention in creating 'experiences', or ordered patterns of information. Taking into account information processing theories and attempts at quantifying people's investment, the chapters deal with such topics as time budgets and the development and use of the Experience Sampling Method of collecting data on attention in everyday life. Following the chapters on attention and reflecting

Csikszentmihalyi's branching out into sociology and anthropology, there are chapters on the topic of adult play and leisure and connected to that, on flow, a concept formulated and developed by Csikszentmihalyi. Flow has become a popular concept in business and management around the world and research on the concept continues to flourish. Finally, this volume contains articles that stem from Csikszentmihalyi's connection with Martin Seligman; they deal with concepts and theories, as well as with the development and short history, of the field and the "movement" of positive psychology.

epiphany wellness drug alcohol rehab tennessee: Full Preparation , 2001

epiphany wellness drug alcohol rehab tennessee: *Outside Mental Health* Will Hall, 1966-02-03 *Outside Mental Health: Voices and Visions of Madness* reveals the human side of mental illness. In this remarkable collection of interviews and essays, therapist, Madness Radio host, and schizophrenia survivor Will Hall asks, What does it mean to be called crazy in a crazy world? More than 60 voices of psychiatric patients, scientists, journalists, doctors, activists, and artists create a vital new conversation about empowering the human spirit by transforming society. Bold, fearless, and compellingly readable... a refuge and an oasis from the overblown claims of American psychiatry - Christopher Lane, author of *Shyness: How Normal Behavior Became an Illness* A terrific conversation partner. - Joshua Wolf Shenk, author of *Lincoln's Melancholy: How Depression Challenged a President and Fueled His Greatness* Brilliant...wonderfully grand and big-hearted. - Robert Whitaker, author of *Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America* Must-read for anyone interested in creating a more just and compassionate world. - Alison Hillman, Open Society Foundation Human Rights Initiative An intelligent, thought-provoking, and rare concept. These are voices worth listening to. - Mary O'Hara, *The Guardian* A new, helpful, liberating-and dare I say, sane-way of re-envisioning our ideas of mental illness. Paul Levy, Director of the Padmasambhava Buddhist Center, Portland, Oregon A fantastic resource for those who are seeking change. Dr. Pat Bracken MD, psychiatrist and Clinical Director of Mental Health Service, West Cork, Ireland

epiphany wellness drug alcohol rehab tennessee: *Cicero, On Pompey's Command (De Imperio)*, 27-49 Ingo Gildenhard, Louise Hodgson, 2014-09-03 In republican times, one of Rome's deadliest enemies was King Mithridates of Pontus. In 66 BCE, after decades of inconclusive struggle, the tribune Manilius proposed a bill that would give supreme command in the war against Mithridates to Pompey the Great, who had just swept the Mediterranean clean of another menace: the pirates. While powerful aristocrats objected to the proposal, which would endow Pompey with unprecedented powers, the bill proved hugely popular among the people, and one of the praetors, Marcus Tullius Cicero, also hastened to lend it his support. In his first ever political speech, variously entitled *pro lege Manilia* or *de imperio Gnaei Pompei*, Cicero argues that the war against Mithridates requires the appointment of a perfect general and that the only man to live up to such lofty standards is Pompey. In the section under consideration here, Cicero defines the most important hallmarks of the ideal military commander and tries to demonstrate that Pompey is his living embodiment. This course book offers a portion of the original Latin text, study aids with vocabulary, and a commentary. Designed to stretch and stimulate readers, the incisive commentary will be of particular interest to students of Latin at both AS and undergraduate level. It extends beyond detailed linguistic analysis and historical background to encourage critical engagement with Cicero's prose and discussion of the most recent scholarly thought.

epiphany wellness drug alcohol rehab tennessee: Sadhguru, More Than a Life Arundhati Subramaniam, 2010 'The thirst to be boundless is not created by you; it is just life longing for itself.' —Sadhguru This is the extraordinary story of Sadhguru—a young agnostic who turned yogi, a wild motorcyclist who turned mystic, a sceptic who turned spiritual guide. Pulsating with his razor-sharp intelligence, bracing wit and modern-day vocabulary, the book empowers you to explore your spiritual self and could well change your life. It seeks to re-create the life journey of a man who combines rationality with mysticism, irreverence with compassion, ancient wisdom with a provocatively contemporary outlook and a deep knowledge of the self with a contagious love of life.

Described as 'a profound mystic, visionary humanitarian and prominent spiritual leader of our times', he is equally at home in a satsangh in rural Tamil Nadu as at the World Economic Forum in Davos. In his early years, Jaggi Vasudev (or Sadhguru as he is now known) was a chronic truant, a boisterous prankster, and later a lover of motorbikes and fast cars. It is evident that the same urgency, passion and vitality echo in his spiritual pursuits to this day, from his creation of the historic Dhyanalunga—the mission of three lifetimes—to his approach as a guru. In Sadhguru's view, faith and reason, spirituality and science, the sacred and the material, cannot be divided into easy binaries. He sees people as 'spiritual beings dabbling with the material rather than the reverse', and liberation as the fundamental longing in every form of life. Truth for him is a living experience instead of a destination, a conclusion, or a matter of metaphysical speculation. The possibility of self-realization, he strongly believes, is available to all. Drawing upon extended conversations with Sadhguru, interviews with Isha colleagues and fellow meditators, poet Arundhati Subramaniam presents an evocative portrait of a contemporary mystic and guru—a man who seems to pack the intensity and adventure of several lifetimes into a single one.

epiphany wellness drug alcohol rehab tennessee: Food As Medicine Guru Dharma Singh Khalsa, 2010-05-11 A holistic approach to healing through making smart food choices by health guru Dr. Dharma Singh Khalsa that combines spiritual advice and integrative medicine to provide healthful recipes and nutrition plans targeting common and chronic illnesses for a longer, healthier, natural life. Did you know that blueberries can increase brain longevity? That kiwi fruit can be an excellent weapon for battling cancer and heart disease? That pears can help prevent fibroid tumors? From the bestselling author of Meditation as Medicine, comes a remarkable book that helps you achieve maximum health by eating well. Grounded in science, Food as Medicine is a pragmatic and accessible reference that sets readers on the right nutritional path. Dr. Khalsa then explains how to use natural organic juices and foods as medicine, and how food can help reverse the progress or diminish the symptoms of certain diseases, such as Alzheimer's and Hepatitis C. Drawing on patient case histories, Food as Medicine outlines the seven principles of The Khalsa Plan for healthy eating, details ailment-specific nutritional plans, and lays out dozens of delicious recipes that promote overall well-being. After all, food is not only the original medicine -- it's the best medicine.

epiphany wellness drug alcohol rehab tennessee: Men, Masculinities and the Modern Career Kadri Aavik, Clarice Bland, Josephine Hoegaerts, Janne Tuomas Vilhelm Salminen, 2020-08-24 This book focuses on the multiple and diverse masculinities 'at work'. Spanning both historical approaches to the rise of 'profession' as a marker of masculinity, and critical approaches to the current structures of management, employment and workplace hierarchy, the book questions what role masculinity plays in cultural understandings, affective experiences and mediated representations of a professional 'career'.

epiphany wellness drug alcohol rehab tennessee: Lesser Feasts and Fasts 2018, 2019-12-17 Lesser Feasts and Fasts had not been updated since 2006. This updated edition, adopted at the 79th General Convention (resolution A065), fills that need. Biographies and collects associated with those included within the volume have been updated; a deliberate effort has been made to more closely balance the men and women represented within its pages.

epiphany wellness drug alcohol rehab tennessee: Attacking Poverty, 2000 At the start of each decade the World Development Report focuses on poverty reduction. The World Development Report, now in its twenty-third edition, proposes an empowerment-security-opportunity framework of action to reduce poverty in the first decades of the twenty-first century. It views poverty as a multidimensional phenomenon arising out of complex interactions between assets, markets, and institutions. This Report shows how the experience of poverty reduction in the last fifteen years has been remarkably diverse and how this experience has provided useful lessons as well as warnings against simplistic universal policies and interventions. It shows how current global trends present extraordinary opportunities for poverty reduction but also cause extraordinary risks, including growing inequality, marginalization, and social explosions. The World Development Report 2000/2001 explores the challenge of managing these risks in order to make the most of the

opportunities for poverty reduction.

epiphany wellness drug alcohol rehab tennessee: Community/public Health Nursing

Mary Albrecht Nies, Melanie McEwen, 2007 Community/Public Health Nursing: Promoting the Health of Populations, 4th Edition focuses on the issues and responsibilities of contemporary community/public health nursing. Its emphasis on working with populations combined with the unique upstream preventive approach prepares the reader to assume an active role in caring for the health of clients in community and public settings. Plus, the new full-color design highlights special features and enhances content. Features photo-novellas to engage students and demonstrate applications of important community health nursing concepts. Provides detailed case studies that emphasize community aspects of all steps of the nursing process to promote the community perspective in all health situations. Examines issues of social justice and discusses how to target inequalities in arenas such as education, jobs, and housing to prepare students to function in a community-focused health care system. Demonstrates the use of theoretical frameworks common to community and public health nursing showing how familiar and new theory bases can be used to solve problems and challenges in the community. Illustrates real-life situations with highlighted Clinical Examples depicting today's community/public health care. Discussion of Levels of Prevention presented within the Case Studies address specific applications for each level. Provides Learning Activities at the end of each chapter to challenge students to apply chapter material outside the classroom. Includes a disaster management and preparedness chapter to examine this important new area of concern and responsibility in community health. Offers content on forensic nursing to explore this new subspecialty in community health. Summarizes research study findings pertinent to chapter topics in Research Highlights boxes. Highlights specific ethical issues in Ethical Insights boxes. Presents Healthy People 2010 objectives in feature boxes in appropriate chapters. Provides a Media Resources section at the front of each chapter that details the numerous Evolve components available to students. Chapter outline added to the front of chapters makes locating information in the chapter easier.

epiphany wellness drug alcohol rehab tennessee: The Trauma Heart Judy Crane,

2017-06-27 The majority of people addicted to substances or process addictions such as relationship disorders, eating disorders, self-harming behaviors, gambling or pornography are trauma survivors. Many people caught in the web of addiction don't identify as trauma survivors until their personal, familial, intergenerational, and in-uterine history is exposed. Unfortunately, relapse is inevitable without trauma resolution that can only take place once their history is exposed. It is only when that happens that the behavior disorders will finally make sense. For almost 30 years Judy Crane has worked with clients and families who are in great pain due to destructive and dangerous behaviors. Families often believe that their loved one must be bad or defective, and the one struggling with the addiction not only believes it, too, but feels it to their core. The truth is, the whole family is embroiled in their own individual survival coping mechanisms—the addicted member is often the red flag indicating that the whole family needs healing. In *The Trauma Heart*, Crane explores the many ways that life's events impact each member of the family. She reveals the essence of trauma and addictions treatment through the stories, art, and assignments of former clients and the staff who worked with them, offering a snapshot of their pain and healing.

epiphany wellness drug alcohol rehab tennessee: *American Therapy* Jonathan Engel, 2008 A comprehensive history of psychotherapy in the United States outlines the ways in which Freud's theories are profoundly influencing mental health in America, in a chronicle that also covers such topics as psychosurgery, Gestalt therapy, and psychopharmacology. 15,000 first printing.

epiphany wellness drug alcohol rehab tennessee: *Comprehensive Handbook of Social Work and Social Welfare, Human Behavior in the Social Environment* , 2008-05-16 Comprehensive Handbook of Social Work and Social Welfare, Volume 2: The Profession of Social Work features contributions from leading international researchers and practitioners and presents the most comprehensive, in-depth source of information on the field of social work and social welfare.

epiphany wellness drug alcohol rehab tennessee: *Writing Research Papers* James D.

Lester (Late), James D. Lester Jr., 2015-03-25 The definitive research paper guide, *Writing Research Papers* combines a traditional and practical approach to the research process with the latest information on electronic research and presentation. This market-leading text provides students with step-by-step guidance through the research writing process, from selecting and narrowing a topic to formatting the finished document. *Writing Research Papers* backs up its instruction with the most complete array of samples of any writing guide of this nature. The text continues its extremely thorough and accurate coverage of citation styles for a wide variety of disciplines. The fourteenth edition maintains Lester's successful approach while bringing new writing and documentation updates to assist the student researcher in keeping pace with electronic sources.

epiphany wellness drug alcohol rehab tennessee: *Digimodernism* Alan Kirby, 2009-05-01 Almost without anybody noticing, a new cultural paradigm has come center stage, displacing an exhausted and increasingly marginalised postmodernism. Dr. Alan Kirby calls this cultural paradigm digimodernism, a name comprising both its central technical mode and its privileging of the fingers and thumbs in its use. The increasing irrelevancy of postmodernism requires a new theory to underpin our current digital culture.

epiphany wellness drug alcohol rehab tennessee: *The Biology of Desire* Marc Lewis, 2015-07-14 Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the disease model of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

epiphany wellness drug alcohol rehab tennessee: *Walkable City* Jeff Speck, 2013-11-12 Presents a plan for American cities that focuses on making downtowns walkable and less attractive to drivers through smart growth and sustainable design

epiphany wellness drug alcohol rehab tennessee: *101 Tips for Staying Clean and Sober* L. Scott Hartman, 2017-09-13 Proven resolutions for recovery.

epiphany wellness drug alcohol rehab tennessee: *A History of American Literature and Culture of the First World War* Tim Dayton, Mark W. Van Wienen, 2021-02-04 In the years of and around the First World War, American poets, fiction writers, and dramatists came to the forefront of the international movement we call Modernism. At the same time a vast amount of non- and anti-Modernist culture was produced, mostly supporting, but also critical of, the US war effort. *A History of American Literature and Culture of the First World War* explores this fraught cultural moment, teasing out the multiple and intricate relationships between an insurgent Modernism, a still-powerful traditional culture, and a variety of cultural and social forces that interacted with and influenced them. Including genre studies, focused analyses of important wartime movements and groups, and broad historical assessments of the significance of the war as prosecuted by the United States on the world stage, this book presents original essays defining the state of scholarship on the American culture of the First World War.

epiphany wellness drug alcohol rehab tennessee: *Earth 2020: An Insider's Guide to a Rapidly Changing Planet* Philippe Tortell, 2020-04-22 Fifty years have passed since the first Earth Day, on 22 April 1970. This accessible, incisive and timely collection of essays brings together a diverse set of expert voices to examine how the Earth's environment has changed over this past half century, and what lies in store for our planet over the coming fifty years. *Earth 2020: An Insider's Guide to a Rapidly Changing Planet* responds to a public increasingly concerned about the deterioration of Earth's natural systems, offering readers a wealth of perspectives on our shared ecological past, and on the future trajectory of planet Earth. Written by world-leading thinkers on

the front-lines of global change research and policy, this multi-disciplinary collection maintains a dual focus: some essays investigate specific facets of the physical Earth system, while others explore the social, legal and political dimensions shaping the human environmental footprint. In doing so, the essays collectively highlight the urgent need for collaboration across diverse domains of expertise in addressing one of the most significant challenges facing us today. Earth 2020 is essential reading for everyone seeking a deeper understanding of the past, present and future of our planet, and the role of humanity in shaping this trajectory.

epiphany wellness drug alcohol rehab tennessee: Face It and Fix It Ken Seeley, Myatt Murphy, 2009-04-25 World-renowned interventionist Ken Seeley, one of the hosts of A&E's hit television series Intervention, has spent the past twenty years helping people and their families deal with and overcome life-threatening addictions. His clients have ranged from the homeless to multimillionaires, each needing professional help with every problem imaginable, including alcoholism, drug dependency, excessive gambling, sexual addiction, abusive behavior, and mental disorders. A few years into his career, Ken realized that the one common characteristic with each of his clients was denial. He has since built his success on a proven program for pinpointing and dealing with this core issue. Whether coping with a severe or a soft addiction, a life-threatening situation, or just an impediment to true happiness, we're all in denial about something. It might be small and seemingly innocent, such as the fact that you're not trying to excel in your job as much as you could or should be. Or it could be much larger and even potentially lethal, such as a full-blown addiction that at this very moment is destroying your life. The truth is, no matter who you are, no matter how small or large your problems may seem, denial is holding you back from living your life to the fullest. Denial is the number one symptom of addiction. It's the mask that lets addicts ignore and avoid the consequences of their actions. But what most people don't know is that denial is also the fuel that creates an addiction in the first place—as well as nearly every other disorder, behavior, and habit that can negatively affect your life. In Face It and Fix It, Seeley leads readers through a three-step process to remove life-damaging denial in order to live balanced and healthy lives. He helps readers first to identify life-damaging behaviors; next he gives the tools necessary to break down the walls that denial builds up over time; and finally he shows how to maintain balanced lives and relationships. Whether you're looking for help for someone you love or struggling with an addiction of your own, Face It and Fix It will leave you with a greater sense of self-awareness and the skills you need to both improve your relationships and to live the life you deserve.

epiphany wellness drug alcohol rehab tennessee: Indianapolis Monthly, 2004-09 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

epiphany wellness drug alcohol rehab tennessee: Making the Geologic Now Elizabeth Ellsworth, Jamie Kruse, 2012-12-01 Making the Geologic Now announces shifts in cultural sensibilities and practices. It offers early sightings of an increasingly widespread turn toward the geologic as source of explanation, motivation, and inspiration for creative responses to conditions of the present moment. In the spirit of a broadside, this edited collection circulates images and short essays from over 40 artists, designers, architects, scholars, and journalists who are actively exploring and creatively responding to the geologic depth of now. Contributors' ideas and works are drawn from architecture, design, contemporary philosophy and art. They are offered as test sites for what might become thinkable or possible if humans were to collectively take up the geologic as our instructive co-designer-as a partner in designing thoughts, objects, systems, and experiences. A new cultural sensibility is emerging. As we struggle to understand and meet new material realities of earth and life on earth, it becomes increasingly obvious that the geologic is not just about rocks. We now cohabit with the geologic in unprecedented ways, in teeming assemblages of exchange and interaction among geologic materials and forces and the bio, cosmo, socio, political, legal, economic, strategic, and imaginary. As a reading and viewing experience, Making the Geologic Now is

designed to move through culture, sounding an alert from the unfolding edge of the geologic turn that is now propagating through contemporary ideas and practices. Contributors include: Matt Baker, Jarrod Beck, Stephen Becker, Brooke Belisle, Jane Bennett, David Benque, Canary Project (Susannah Sayler, Edward Morris), Center for Land Use Interpretation, Brian Davis, Seth Denizen, Anthony Easton, Elizabeth Ellsworth, Valeria Federighi, William L. Fox, David Gersten, Bill Gilbert, Oliver Goodhall, John Gordon, Ilana Halperin, Lisa Hirmer, Rob Holmes, Katie Holten, Jane Hutton, Julia Kagan, Wade Kavanaugh, Oliver Kellhammer, Elizabeth Kolbert, Janike Kampevold Larsen, Jamie Kruse, William Lamson, Tim Maly, Geoff Manaugh, Don McKay, Rachel McRae, Brett Milligan, Christian MilNeil, Laura Moriarity, Stephen Nguyen, Erika Osborne, Trevor Paglen, Anne Reeve, Chris Rose, Victoria Sambunaris, Paul Lloyd Sargent, Antonio Stoppani, Rachel Sussman, Shimpei Takeda, Chris Taylor, Ryan Thompson, Etienne Turpin, Nicola Twilley, Bryan M. Wilson.

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epiphany wellness drug alcohol rehab tennessee: Dave Ramsey's Complete Guide to Money Dave Ramsey, 2012-01-01 If you're looking for practical information to answer all your "How?" "What?" and "Why?" questions about money, this book is for you. Dave Ramsey's Complete Guide to Money covers the A to Z of Dave's money teaching, including how to budget, save, dump debt, and invest. You'll also learn all about insurance, mortgage options, marketing, bargain hunting and the most important element of all—giving. This is the handbook of Financial Peace University. If you've already been through Dave's nine-week class, you won't find much new information in this book. This book collects a lot of what he's been teaching in FPU classes for 20 years, so if you've been through class, you've already heard it! It also covers the Baby Steps Dave wrote about in The Total Money Makeover, and trust us—the Baby Steps haven't changed a bit. So if you've already memorized everything Dave's ever said about money, you probably don't need this book. But if you're new to this stuff or just want the all-in-one resource for your bookshelf, this is it!

epiphany wellness drug alcohol rehab tennessee: Who's who Among Students in American Universities and Colleges Henry Pettus Randall, 1983

epiphany wellness drug alcohol rehab tennessee: Public Health Nursing - Revised Reprint Marcia Stanhope, Jeanette Lancaster, 2013-10-15 This Revised Reprint of our 8th edition, the gold standard in community health nursing, *Public Health Nursing: Population-Centered Health Care in the Community*, has been updated with a new Quality and Safety Education in Nursing (QSEN) appendix that features examples of incorporating knowledge, skills, and attitudes to improve quality and safety in community/public health nursing practice. As with the previous version, this text provides comprehensive and up-to-date content to keep you at the forefront of the ever-changing community health climate and prepare you for an effective nursing career. In addition to concepts and interventions for individuals, families, and communities, this text also incorporates real-life applications of the public nurse's role, Healthy People 2020 initiatives, new chapters on forensics and genomics, plus timely coverage of disaster management and important client populations such as pregnant teens, the homeless, immigrants, and more. Evidence-Based Practice boxes illustrate how the latest research findings apply to public/community health nursing. Separate chapters on disease outbreak investigation and disaster management describe the nurse's role in surveilling public health and managing these types of threats to public health. Separate unit on the public/community health nurse's role describes the different functions of the public/community health nurse within the community. Levels of Prevention boxes show how community/public health nurses deliver health care interventions at the primary, secondary, and tertiary levels of prevention. What Do You Think?, Did You Know?, and How To? boxes use practical examples and critical thinking exercises to illustrate chapter content. The Cutting Edge highlights significant issues and new approaches to community-oriented nursing practice. Practice Application provides case studies with critical thinking questions. Separate chapters on community health initiatives thoroughly describe different approaches to promoting health among populations. Appendixes offer additional resources and key information, such as screening and assessment tools and clinical

practice guidelines. NEW! Quality and Safety Education in Nursing (QSEN) appendix features examples of incorporating knowledge, skills, and attitudes to improve quality and safety in community/public health nursing practice. NEW! Linking Content to Practice boxes provide real-life applications for chapter content. NEW! Healthy People 2020 feature boxes highlight the goals and objectives for promoting health and wellness over the next decade. NEW! Forensic Nursing in the Community chapter focuses on the unique role of forensic nurses in public health and safety, interpersonal violence, mass violence, and disasters. NEW! Genomics in Public Health Nursing chapter includes a history of genetics and genomics and their impact on public/community health nursing care.

epiphany wellness drug alcohol rehab tennessee: The 4-hour Workweek Timothy Ferriss, 2011 How to reconstruct your life? Whether your dream is experiencing high-end world travel, earning a monthly five-figure income with zero management, or just living more and working less, this book teaches you how to double your income, and how to outsource your life to overseas virtual assistants for \$5 per hour and do whatever you want.

epiphany wellness drug alcohol rehab tennessee: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

epiphany wellness drug alcohol rehab tennessee: Open Spaces Sacred Places Tom H. Stoner, Carolyn Freas Rapp, 2008 Sacred Places.

epiphany wellness drug alcohol rehab tennessee: Community As Method George De Leon, 1997-09-16 This is a collection of published papers describing modified therapeutic community (TC) programs, presenting adaptations of the TC model and methods implemented in a variety of institutions and settings.

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