

oasis wellness and recovery

Oasis Wellness and Recovery: Your Journey to Holistic Healing

Are you feeling overwhelmed, burnt out, or simply disconnected from yourself? Do you yearn for a space where you can truly reconnect with your inner peace and rediscover your vitality? At Oasis Wellness and Recovery, we understand this longing. This comprehensive guide will delve into what Oasis Wellness and Recovery offers, exploring the services, philosophies, and overall experience that sets us apart in helping you embark on your unique path to holistic healing. We'll unpack the journey, from initial consultations to long-term support, ensuring you understand exactly what to expect and how we can help you thrive.

Understanding the Oasis Wellness and Recovery Approach

Oasis Wellness and Recovery isn't just another wellness center; it's a sanctuary designed to nurture your mind, body, and spirit. We believe that true wellness is a holistic process, requiring a multi-faceted approach that addresses the interconnectedness of your physical, emotional, and mental well-being. Forget quick fixes and temporary solutions; we focus on sustainable, long-term transformation. Our team of experienced professionals, including therapists, counselors, nutritionists, and fitness specialists, work collaboratively to create a personalized plan tailored to your individual needs and goals.

Our Comprehensive Range of Services: Tailored to You

At Oasis Wellness and Recovery, we offer a wide spectrum of services designed to address various aspects of your well-being. This includes:

Individual Therapy: Our licensed therapists utilize evidence-based approaches, including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT), to help you process trauma, manage anxiety and depression, and develop healthier coping mechanisms. We cater to a diverse range of needs, offering specialized therapy for issues such as grief, relationship challenges, and addiction recovery.

Group Therapy: The power of shared experience is undeniable. Our group therapy sessions provide a supportive and safe environment to connect with others facing similar challenges, fostering a sense of community and shared

understanding. We offer various group therapy options, focusing on specific needs such as stress management, self-esteem building, and recovery from trauma.

Nutritional Counseling: Nourishing your body is paramount to overall well-being. Our registered dietitians work with you to develop personalized nutrition plans that fuel your body with the necessary nutrients, support your mental health, and contribute to lasting physical transformation. We address various dietary needs and preferences, focusing on sustainable lifestyle changes rather than restrictive diets.

Fitness and Wellness Programs: Physical activity is integral to mental and emotional well-being. We offer a range of fitness programs, from yoga and meditation to strength training and cardio, catering to all fitness levels and preferences. These programs are designed not only to improve physical health but also to foster mindfulness and stress reduction.

Mindfulness and Meditation Workshops: Learning to cultivate mindfulness and engage in regular meditation practices can significantly reduce stress, enhance self-awareness, and promote emotional regulation. We offer workshops and classes guided by experienced instructors, helping you develop these crucial skills for lasting well-being.

Holistic Wellness Retreats: Sometimes, a change of scenery is exactly what you need. Our periodic holistic wellness retreats offer a unique opportunity to disconnect from daily stressors and immerse yourself in a nurturing environment focused on self-discovery and rejuvenation. These retreats incorporate a variety of therapeutic modalities, offering a profound experience of healing and transformation.

The Oasis Wellness and Recovery Difference: A Personalized Approach

What truly sets Oasis Wellness and Recovery apart is our unwavering commitment to personalized care. We understand that every individual's journey to wellness is unique. We don't believe in a one-size-fits-all approach. Instead, we take the time to thoroughly understand your specific needs, goals, and preferences, creating a customized treatment plan that addresses your individual challenges and supports your growth. This collaborative approach ensures you feel heard, understood, and empowered throughout your entire journey.

Beyond the Sessions: Long-Term Support and Community

Our commitment to your well-being extends far beyond your scheduled sessions. We provide ongoing support and resources to help you maintain your progress and continue thriving long after your initial treatment. This includes access to online support groups, follow-up appointments, and ongoing guidance from our team of professionals. We strive to cultivate a sense of community,

fostering connections and support among our clients.

Embark on Your Journey to Wellness Today

At Oasis Wellness and Recovery, we believe that everyone deserves to live a life filled with purpose, joy, and well-being. We are dedicated to guiding you on your unique path towards holistic healing and empowerment. Contact us today to schedule a consultation and begin your journey to a healthier, happier you.

Conclusion:

Oasis Wellness and Recovery offers a comprehensive and personalized approach to holistic healing. By combining various therapeutic modalities, nutritional guidance, fitness programs, and a supportive community, we empower individuals to achieve lasting well-being. We invite you to explore our services and discover how Oasis Wellness and Recovery can help you rediscover your inner peace and thrive.

Frequently Asked Questions (FAQs):

1. What insurance plans do you accept? We accept a wide range of insurance plans. Please contact us directly to verify your coverage.

1. What are your hours of operation? Our hours are flexible to accommodate individual needs. Please contact us to schedule an appointment.

1. Do you offer sliding scale fees? We offer a limited number of sliding scale slots based on financial need. Please inquire during your initial consultation.

1. What types of therapy do you specialize in? We offer a variety of therapeutic approaches, including CBT, DBT, ACT, and trauma-informed therapy. We can discuss the best fit for your specific needs during your consultation.

1. What is the difference between individual and group therapy? Individual

therapy provides one-on-one support tailored to your specific needs, while group therapy offers the benefit of shared experience and community support. We can help you determine which approach is best suited for you.

oasis wellness and recovery: *Drunk Yoga* Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

oasis wellness and recovery: *Integrative Men's Health* MD, MPH Myles D. Spar, MD George E. Munoz, 2014-02-05 As a field, men's health is far behind women's health in terms of the availability of reliable, scientifically based information that men, their partners, and health care providers can rely on when seeking information and treatment. Moreover, integrative approaches are becoming more popular with men whose healthcare providers understand that most of the leading causes of morbidity and mortality in men, including cardiovascular disease, cancer, urologic disease, and sexual dysfunction, can be ameliorated using an integrative approach, with more emphasis on the patient-provider relationship, lifestyle change, and the use of proven complementary modalities. Integrative Men's Health provides an evidence-based perspective on the health problems that affect men and the ways in which such problems may be prevented or treated utilizing a broad armamentarium of approaches - from conventional tools to complementary modalities. All chapters take into consideration of all the factors that influence men's health including body, mind, and spirit in a way that neither rejects alternative approaches nor accepts any of them uncritically.

oasis wellness and recovery: *Renova Recovery* Dr. Deborah Cox Wood, Renova Recovery is a descriptive and comprehensive guide to vitalizing health, recovering from trauma and learning the principles behind the art of wellness that are available at the Renova Wellness Club.

oasis wellness and recovery: *Surviving Sexual Violence* Thema Bryant-Davis, 2011-10-16 Victims of sexual assault experience their trauma in different ways, and often one path to recovery and healing is right for one person, but not right for another. While there are some general mental health effects of sexual violence, this book outlines and describes the impact of particular types of sexual violation. Whether the survivor has experienced childhood sexual abuse, sexual assault during adulthood, marital rape, sexual harassment, sex trafficking, or sexual violence within the military, they will find aspects of her experience in these pages. Once survivors understand the ways in which they have been affected, they are introduced to various pathways to surviving sexual violence and moving forward. The chapters provide case examples and specific activities which give a fuller description of the ways survivors can make use of the particular approaches, which include mind-body practices, counseling, group therapies, self-defense training, and others. Anyone who has been a victim of sexual violence, or knows and cares about someone who has, will find relief in these

pages, which offer practical approaches to finding balance and healing.

oasis wellness and recovery: Dying to Please Avis Rumney, 2009-08-11 This second edition updates the 1983 work (a gem--Booklist) with a wealth of new information. The author, a therapist and recovered anorexic, draws upon her own experience and extensive research to produce a comprehensive account of the symptoms, causes and treatments of anorexia nervosa. She illuminates the anorexic's paradox--self-annihilation in service of self-preservation--and the central task of recovery: development of a Self. The author addresses the origins and attributes of anorexia and accompanying disorders, the use and misuse of the Internet, and the concept of recovery. She addresses different therapies in detail, as well as therapies for families and interventions. A directory of organizations, a list of resources for information and referral, a bibliography and index are included.

oasis wellness and recovery: Ketamine for Treatment-Resistant Depression Gustavo H. Vazquez, Carlos A. Zarate, Elisa Brietzke, 2020-09-16 Ketamine for Treatment-Resistant Depression: Neurobiology and Applications provides a simple, evidence-based overview for neuropsychiatrists and translational researchers on this medication, its mechanisms of actions, eligibility of patients for treatment, and the preparation and implementation of ketamine clinics. - Provides efficacy research on ketamine as a treatment for depression - Identifies best practices for clinical use, both long-term and acute - Discusses the molecular mechanisms and neurobiology of action

oasis wellness and recovery: Stepping Stones Marilea C. Rabasa, 2020-06-16 Addiction is a stealth predator. Unrecognized, it will grow and flourish. Unchecked, it destroys. Marilea Rabasa grew up in post-WWII Massachusetts in a family that lived comfortably and offered her every advantage. But they were also haunted by closely guarded family secrets. Alcoholism reached back through several generations, and it was not openly discussed. Shame and stigma perpetuated the silence. And Marilea became part of this ongoing tragedy. From an unhappy childhood to a life overseas in the diplomatic service to now, living on an island in Puget Sound, Stepping Stones chronicles Marilea's experiences, weaving a compelling tale of travel, motherhood, addiction, and heartbreaking loss. The constant thread throughout this story is the many faces and forms of addiction, phantoms that stalk her like an obsessed lover. What, if anything, will free her of the masks she has worn all her life? An inspiring, poignant recovery story, Stepping Stones tells how Marilea took on the demons that plagued her all her life—and defeated them.

oasis wellness and recovery: The Mental Health and Substance Use Workforce for Older Adults Institute of Medicine, Board on Health Care Services, Committee on the Mental Health Workforce for Geriatric Populations, 2012-10-26 At least 5.6 million to 8 million-nearly one in five-older adults in America have one or more mental health and substance use conditions, which present unique challenges for their care. With the number of adults age 65 and older projected to soar from 40.3 million in 2010 to 72.1 million by 2030, the aging of America holds profound consequences for the nation. For decades, policymakers have been warned that the nation's health care workforce is ill-equipped to care for a rapidly growing and increasingly diverse population. In the specific disciplines of mental health and substance use, there have been similar warnings about serious workforce shortages, insufficient workforce diversity, and lack of basic competence and core knowledge in key areas. Following its 2008 report highlighting the urgency of expanding and strengthening the geriatric health care workforce, the IOM was asked by the Department of Health and Human Services to undertake a complementary study on the geriatric mental health and substance use workforce. The Mental Health and Substance Use Workforce for Older Adults: In Whose Hands? assesses the needs of this population and the workforce that serves it. The breadth and magnitude of inadequate workforce training and personnel shortages have grown to such proportions, says the committee, that no single approach, nor a few isolated changes in disparate federal agencies or programs, can adequately address the issue. Overcoming these challenges will require focused and coordinated action by all.

oasis wellness and recovery: The Praeger Handbook of Community Mental Health Practice Doreen Maller, Kathy Langsam, Melissa Jerbian Fritchle, 2013-02-20 This expansive,

three-volume set addresses the complexities of interconnectivity, therapeutic capacity, and the competencies needed in order to provide sophisticated and integrated community mental health care—both in the United States and within a global community. The Praeger Handbook of Community Mental Health Practice provides an essential framework that will serve university educators, students, new practitioners, and experienced therapists alike as they adapt to new approaches to community mental health and respond to changing laws governing mental health provision across state, national, and global levels. Volume one considers the structures, challenges, and expectations of community mental health, familiarizing readers with key issues such as service delivery, funding, and key models of intervention and care. Volume two provides an in-depth exploration of the specific issues of working with populations that participate in and benefit from community mental health services, including addiction, school-based services, juvenile and adult justice, and veteran's services. In Volume three, the contributors address specific needs, considerations, and concerns relevant to working in the global community, including disaster services, trauma, working with children, and providing training in international settings.

oasis wellness and recovery: Loving Parent Guidebook Aca Wso Inc, 2021-06 When the authors of *The Solution* said that *The Solution* is to become your own loving parent, they really meant it. Becoming your own loving parent by developing your reparenting skills can change your life. The goal of reparenting is to give ourselves what we needed to receive as children but did not. Reparenting won't change the past, but it can transform the way you relate to it and help you change how you live today.

oasis wellness and recovery: The Strengths Model Charles A. Rapp, Richard J. Goscha, 2006 Second edition grounds the strengths model of case management within the recovery paradigm and details evidence-based guidelines for practice. Describes the conceptual underpinnings, theory, empirical support, principles, and practice methods that comprise the strengths model of case management--Provided by publisher.

oasis wellness and recovery: The Wellness Community Guide to Fighting for Recovery from Cancer Harold H. Benjamin, 1995 More than one million Americans each year are diagnosed with cancer. This guide, prepared by the largest cancer program in America devoted exclusively to providing psychological and social support, presents a unique source of information, guidance, inspiration, and hope for any patient who wants to take an active role in fighting cancer.

oasis wellness and recovery: Soberful Veronica Valli, 2022-01-25 As the ever-increasing "quit-lit" audience explores new ways to get sober, many are asking, "What's next?" A renowned sobriety coach shares a road map for long-term change and a fulfilling, alcohol-free life. Here is a practical and straightforward program to stop drinking, stay stopped, and develop emotional sobriety.

oasis wellness and recovery: Wellness by Design Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you

keep your fitness goals and stay on track for a long and healthy life.

oasis wellness and recovery: *Let Us Coach You* Dr. Deborah Cox Wood, 2015-01-09 *Let Us Coach You* is a book written by Dr. Deb Wood. Deb is a world class public/inspirational speaker and owner of the Renova Wellness Center. *Let Us Coach You* is a guide to becoming your own health coach. Dr. Deb has designed the tools that will help you Restore, Renew, and Revitalize your health and get you on your way to a balanced lifestyle.

oasis wellness and recovery: *Therapeutic Landscapes* Clare Cooper Marcus, Naomi A Sachs, 2013-10-21 This comprehensive and authoritative guide offers an evidence-based overview of healing gardens and therapeutic landscapes from planning to post-occupancy evaluation. It provides general guidelines for designers and other stakeholders in a variety of projects, as well as patient-specific guidelines covering twelve categories ranging from burn patients, psychiatric patients, to hospice and Alzheimer's patients, among others. Sections on participatory design and funding offer valuable guidance to the entire team, not just designers, while a planting and maintenance chapter gives critical information to ensure that safety, longevity, and budgetary concerns are addressed.

oasis wellness and recovery: *Health and Wellness Tourism* Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

oasis wellness and recovery: *Merci Suárez Can't Dance* Meg Medina, 2021-04-06 In Meg Medina's follow-up to her Newbery Medal-winning novel, *Merci* takes on seventh grade, with all its travails of friendship, family, love--and finding your rhythm.

oasis wellness and recovery: *The Wigwam Resort* Lance W. Burton, 2007 The evolution of an arid desert area into the verdant oasis that is the Wigwam Resort was ultimately brought about by an unlikely crop needed by an important American corporation in the early 20th century. The crop was long-staple cotton and the corporation was the Goodyear Tire and Rubber Company. When the U.S. Department of Agriculture discovered that Arizona's Salt River Valley was an ideal location to domestically grow long-staple cotton, Goodyear purchased 16,000 acres in the desert west of Phoenix to cultivate the crop for their newly developed pneumatic tire. The company built a three-room lodge, originally called the Organization House, for the executives that came to oversee the farming operations. The location became a popular winter retreat within the company, and in 1929, Goodyear expanded the facilities and opened The Wigwam as a hotel. As the years progressed, amenities such as golf and fine dining were added, and the Wigwam Resort became one of the premier luxury destinations in the Southwest.

oasis wellness and recovery: *Mental Health Intervention and Treatment of First Responders and Emergency Workers* Bowers, Clint A., Beidel, Deborah C., Marks, Madeline R., 2019-08-30 The stress that comes with being a first responder has been known to lead to depression, anxiety, substance abuse, and suicide. However, few clinicians are informed about these health concerns and how to adequately treat them in this population. Therefore, there is an urgent need for practitioners to understand the latest information regarding treatments that will be useful to this specific population. *Mental Health Intervention and Treatment of First Responders and Emergency Workers* is an essential reference source that focuses on the latest research for diagnosing and treating mental health issues experienced by emergency personnel and seeks to generate awareness and inform clinicians about the unique circumstances encountered by these professionals. While highlighting topics including anxiety disorders and stress management, this book is ideally designed

for clinicians, therapists, psychologists, psychiatrists, practitioners, medical professionals, EMTs, law enforcement, fire departments, military, academicians, researchers, policymakers, and students seeking current research on psychological therapy methods regarding first responders.

oasis wellness and recovery: In the Realm of Hungry Ghosts Gabor Maté, MD, 2011-06-28 A “thought-provoking and powerful” study that reframes everything you’ve been taught about addiction and recovery—from the New York Times–bestselling author of *The Myth of Normal* (Bruce Perry, author of *The Boy Who Was Raised as a Dog*). A world-renowned trauma expert combines real-life stories with cutting-edge research to offer a holistic approach to understanding addiction—its origins, its place in society, and the importance of self-compassion in recovery. Based on Gabor Maté’s two decades of experience as a medical doctor and his groundbreaking work with people with addiction on Vancouver’s skid row, this #1 international bestseller radically re-envisioned a much misunderstood condition by taking a compassionate approach to substance abuse and addiction recovery. In the same vein as Bessel van der Kolk’s *The Body Keeps the Score*, *In the Realm of Hungry Ghosts* traces the root causes of addiction to childhood trauma and examines the pervasiveness of addiction in society. Dr. Maté presents addiction not as a discrete phenomenon confined to an unfortunate or weak-willed few, but as a continuum that runs throughout—and perhaps underpins—our society. It is not a medical “condition” distinct from the lives it affects but rather the result of a complex interplay among personal history, emotional and neurological development, brain chemistry, and the drugs and behaviors of addiction. Simplifying a wide array of brain and addiction research findings from around the globe, the book avoids glib self-help remedies, instead promoting a thorough and compassionate self-understanding as the first key to healing and wellness. Dr. Maté argues persuasively against contemporary health, social, and criminal justice policies toward addiction and how they perpetuate the War on Drugs. The mix of personal stories—including the author’s candid discussion of his own “high-status” addictive tendencies—and science with positive solutions makes the book equally useful for lay readers and professionals.

oasis wellness and recovery: 7-day Detox Miracle Peter Bennett (N.D.), Stephen Barrie, Sara Faye, 2001 Describes a detoxification program to rid the body of harmful toxins and increase one's physical energy, mental alertness, and resistance to disease.

oasis wellness and recovery: Thriving in the Wake of Trauma Thema Bryant-Davis, 2008 Thema Bryant-Davis examines the cultural issues that health-care professionals need to consider in caring for trauma survivors.

oasis wellness and recovery: Research Anthology on Mental Health Stigma, Education, and Treatment Management Association, Information Resources, 2021-02-05 In times of uncertainty and crisis, the mental health of individuals become a concern as added stressors and pressures can cause depression, anxiety, and stress. Today, especially with more people than ever experiencing these effects due to the Covid-19 epidemic and all that comes along with it, discourse around mental health has gained heightened urgency. While there have always been stigmas surrounding mental health, the continued display of these biases can add to an already distressing situation for struggling individuals. Despite the experience of mental health issues becoming normalized, it remains important for these issues to be addressed along with adequate education about mental health so that it becomes normalized and discussed in ways that are beneficial for society and those affected. Along with raising awareness of mental health in general, there should be a continued focus on treatment options, methods, and modes for healthcare delivery. The *Research Anthology on Mental Health Stigma, Education, and Treatment* explores the latest research on the newest advancements in mental health, best practices and new research on treatment, and the need for education and awareness to mitigate the stigma that surrounds discussions on mental health. The chapters will cover new technologies that are impacting delivery modes for treatment, the latest methods and models for treatment options, how education on mental health is delivered and developed, and how mental health is viewed and discussed. It is a comprehensive view of mental health from both a societal and medical standpoint and examines mental health issues in children

and adults from all ethnicities and socio-economic backgrounds and in a variety of professions, including healthcare, emergency services, and the military. This book is ideal for psychologists, therapists, psychiatrists, counsellors, religious leaders, mental health support agencies and organizations, medical professionals, teachers, researchers, students, academicians, mental health practitioners, and more.

oasis wellness and recovery: Creating Sanctuary Jessi Bloom, 2018-11-13 "In this beautiful, inspiring, and hands-on, practical book we are invited to look deeply at the landscape around us and create sacred respites from our busy worlds." —Rosemary Gladstar, herbalist and author We all need a personal sanctuary where we can be in harmony with the natural world and can nurture our bodies, minds, and souls. And this sanctuary doesn't have to be a far-away destination—it can be in your own backyard. In *Creating Sanctuary*, Jessi Bloom taps into multiple sources of traditional plant wisdom to help find a deeper connection to the outdoor space you already have—no matter the size. Equal parts inspirational and practical, this engaging guide includes tips on designing a healing space, plant profiles for 50 sacred plants, recipes that harness the medicinal properties of plants, and simple instructions for daily rituals and practices for self-care. Hands-on, inspiring, and beautiful, *Creating Sanctuary* is a must-have for finding new ways to revitalize our lives.

oasis wellness and recovery: Unbroken Brain Maia Szalavitz, 2016-04-05 A NEW YORK TIMES BESTSELLER More people than ever before see themselves as addicted to, or recovering from, addiction, whether it be alcohol or drugs, prescription meds, sex, gambling, porn, or the internet. But despite the unprecedented attention, our understanding of addiction is trapped in unfounded 20th century ideas, addiction as a crime or as brain disease, and in equally outdated treatment. Challenging both the idea of the addict's broken brain and the notion of a simple addictive personality, *The New York Times Bestseller, Unbroken Brain*, offers a radical and groundbreaking new perspective, arguing that addictions are learning disorders and shows how seeing the condition this way can untangle our current debates over treatment, prevention and policy. Like autistic traits, addictive behaviors fall on a spectrum -- and they can be a normal response to an extreme situation. By illustrating what addiction is, and is not, the book illustrates how timing, history, family, peers, culture and chemicals come together to create both illness and recovery- and why there is no addictive personality or single treatment that works for all. Combining Maia Szalavitz's personal story with a distillation of more than 25 years of science and research, *Unbroken Brain* provides a paradigm-shifting approach to thinking about addiction. Her writings on radical addiction therapies have been featured in *The Washington Post*, *Vice Magazine*, *The Wall Street Journal*, and *The New York Times*, in addition to multiple other publications. She has been interviewed about her book on many radio shows including *Fresh Air* with Terry Gross and *The Brian Lehrer* show.

oasis wellness and recovery: Eat Well, Move Well, Live Well Galina Denzel, Roland Denzel, 2016 Do you want more energy to lose some weight to reconnect with your kitchen, to discover the lost art of walking to finally kick that nagging back pain, or to simply get a better night's sleep? Are you looking to build a vibrant life? This simple straightforward, effective guide to healthier, happier living is the place to start. International wellness coaches Galina and Roland Denzel, authors of *The Real Food Reset* and founders of *EatWellMoveWell.com*, have helped many achieve their health goals through simple solutions based on small changes. Now they've brought together their collective experience and expertise in a comprehensive new volume. You can read the book cover to cover, theme by theme, or go "choose your own adventure style. Whatever you choose, by following Galina and Roland's suggestions on everything from movement, alignment, and walking; to fish, fats, and fermented foods; sleeping, vacationing and working; and bad days, de-stressing, and building a support network, you'll find the tools to make significant changes in a week. Each chapter includes tasks to enable you to embark on real, immediate change, and invitations to share your progress and ideas with a community of fellow readers. Book jacket.

oasis wellness and recovery: Hijacking the Brain Louis Teresi, MD, 2011-10 *Hijacking the Brain* provides the first-ever scientific explanation for the success of Twelve-Step programs.

Hijacking the Brain examines data provided by recent rapid growth in the fields of neuroscience, neuroimaging, psychology, sociobiology and interpersonal neurobiology that have given us new, dramatic insights into the neural and hormonal correlates of stress and addiction, cognitive decline with addiction, as well as for the relative success of Twelve-Step Programs of recovery. Addiction is recognized by experts as an organic brain disease, and most experts promote Twelve-Step programs (AA, NA, CA, etc.) which invoke a 'spiritual solution' for recovery. To date, no one has described why these programs work. 'Hijack' tells us why. In 'Hijack,' the role of 'working The Steps' for reducing stress and becoming emotionally centered is discussed in depth. A full chapter is devoted to the rewarding and comforting physiology of meditation and the spiritual experience. The author uses examples from animal sociobiology, as well as sophisticated human brain-imaging studies, to demonstrate that empathic socialization and altruism are instinctive and 'naturally rewarding' and, along with Step Work, act as a substitute for the 'synthetic rewards' of drugs of abuse. 'Hijack' does not challenge the Steps or the Traditions of Twelve-Step programs. The sole intention of Hijacking the Brain is to 'connect the dots' between an 'organic brain disease' and a 'spiritual solution' with sound physical, scientific evidence. Avoiding strict scientific language as much as possible, 'Hijack' is written for the layperson and abundantly illustrated.

oasis wellness and recovery: Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain, Incontinence, I.B.S, and Other Symptoms

Without Surgery Amy Stein, 2008-08-31 Bronze Medal Winner of a 2009 National Health Information Award Stop your pelvic pain . . . naturally! If you suffer from an agonizing and emotionally stressful pelvic floor disorder, including pelvic pain, irritable bowel syndrome, endometriosis, prostatitis, incontinence, or discomfort during sex, urination, or bowel movements, it's time to alleviate your symptoms and start healing--without drugs or surgery. Natural cures, in the form of exercise, nutrition, massage, and self-care therapy, focus on the underlying cause of your pain, heal your condition, and stop your pain forever. The life-changing plan in this book gets to the root of your disorder with: A stretching, muscle-strengthening, and massage program you can do at home Guidelines on foods that will ease your discomfort Suggestions for stress- and pain-reducing home spa treatments Exercises for building core strength and enhancing sexual pleasure

oasis wellness and recovery: Integrative Medicine in Veterinary Practice Lisa P. McFaddin, 2024-05-07 Integrative Medicine in Veterinary Practice Enables the entire veterinary team to seamlessly incorporate integrative medicine into everyday practice Integrative Medicine in Veterinary Practice is a unique resource designed to introduce the basic concepts of ten different integrative modalities to all members of the hospital team to establish a baseline of knowledge: explaining how patients will benefit from their use, discussing return on investment, informing veterinarians of available courses and suggested reading materials, walking managers through staff training, and providing client education materials. Supplemental web-based documents and presentations increase the ease with which staff are trained and clients are educated. Integrative medicine is not an all-or-nothing concept. This umbrella term encompasses a wide spectrum of treatment modalities. Therapies can be used individually or in combination, as part of a multimodal approach, and applied easily to every patient or used in select cases. Sample topics covered in Integrative Medicine in Veterinary Practice include: Photobiomodulation, covering light, laser specifics, mechanisms of action, supplies and equipment, and techniques Veterinary Spinal Manipulation Therapy (VSMT), covering pain in veterinary patients, mechanisms of action, adjustment vs. manipulation vs. mobilization, techniques, and post-adjustment recommendations Acupuncture, covering acupuncture point selection using traditional Chinese veterinary medicine (TCVM) and Western medicine techniques, mechanisms of action, safety, and practical applications. Chinese Herbal Medicine (CHM), covering TCVM fundamentals as it applies to herbal classification and selection, herb production, safety, and formulation, and CHM applications. Integrative Medicine in Veterinary Practice is a valuable resource for all veterinary hospital team members, from customer service representatives to veterinary assistants/technicians, practice managers, and veterinarians. The text is also helpful to veterinary students interested in integrative medicine, or

those taking introductory integrative medicine courses.

oasis wellness and recovery: Pathways to Recovery D Anne Liebroder, Lawrence A Liebroder BA, 2010-11

oasis wellness and recovery: Solution Focused Group Therapy Linda Metcalf, 1998 In our managed care era, group therapy, long the domain of traditional psychodynamically oriented therapists, has emerged as the best option for millions of Americans. However, the process can be frustratingly slow, and studies show that patients actually feel worse after months of group treatment than when they began. Can and should the group speed a person's progress? Now, in this must have book, marriage and family therapist Linda Metcalf persuasively argues that the collaborative nature of group therapy actually lends itself to time-limited treatment. She combines the best elements of group work and the popular solution focused brief therapy approach to create new opportunities for practitioners and patients alike. Among the topics covered in this valuable guide are: how to learn the model how to design a group and recruit members how to identify exceptions to a group member's self-destructive behaviors and thoughts how to help members focus on their successes rather than their failures how to keep the group solution focused when therapists or members fall back into old patterns This unique resource also includes case examples and session transcripts to follow, together with reproducible forms that can be used as they are or tailored to a therapist's needs. Solution Focused Group Therapy is an up-to-the-minute, highly accessible resource for therapists of any orientation. Managed care companies in particular will welcome this model, which deals so effectively and economically with today's biggest problems, including eating disorders, chemical dependencies, grief, depression, anxiety, and sexual abuse.

oasis wellness and recovery: Spa , 2004

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introduction to the general public. --Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. --Proven successful for numerous addictions, not just alcoholism.

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