

***With treatment options like these,  
your recovery goals are in reach.***

- ◆ Behavioral Self-Control Training® for moderation or abstinence
- ◆ Recovery Coaching – totally private, low cost, secular and empowering
- ◆ C.R.A.F.T. A proven 3-session, non-confrontational procedure for getting a reluctant loved one into treatment
- ◆ Habit Check-Ups
- ◆ Mood Management
- ◆ Substance Use Management – safer ways of use that reduce harm
- ◆ Techniques to increase your motivation, decrease procrastination and reduce relapses
- ◆ Ways to utilize the Internet and computer software in your recovery
- ◆ Legal, financial and medical referral assistance – including the newest medications and painless detoxification procedures
- ◆ Hard to find books, tapes, videos and addiction-related products

310-275-LIFE or 714-550-9311  
310-202-6298 fax

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## ***Addiction Alternatives***

**A division of Life Management Skills, Inc.**

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**If AA  
doesn't work  
for you,**



**you do have  
*Alternatives.***



## Addiction Alternatives

**The AA approach to substance abuse has worked for many people, but not for everyone. For intelligent individuals who want to change destructive habits, the 12-step approach with its embarrassing group method, the focus on religion, powerlessness and the insistence that “one way fits all”, simply doesn’t work. For these people, Addiction Alternatives is a life management approach that makes sense – it’s one that you and your loved ones can live with.**

Whether you have previously been unsuccessful with the 12-step approach or you are looking for a new solution or treatment that better fits your beliefs and lifestyle, Addiction Alternatives may be the alternative that works for you to regain control in your life.

If this interests you, the next step is a one-time-only private consultation with the program director. You’ll learn more about the treatment options available to you that will give you new answers for the problems created by destructive habits. A plan of action that you can maintain will be individually customized for your situation.

### Addiction Alternatives offers you:

- ◆ A way to save your marriage, your career and your life before “hitting bottom”
- ◆ Approved State and County services to satisfy legal requirements, without having to go into public groups; including mandates from DUI, Prop. 36, Drug Diversion, Drug Court and other legal entanglements
- ◆ A non-disease-based recovery approach that can be short term, not life-long
- ◆ Central alternative recovery **resource center** with information on options, availability, cost, principals and basic texts
- ◆ Complete listing of local **free** alternative self-help recovery groups, with meeting times and locations
- ◆ Tools for change, including confidential coaching for self-managed behavioral change – towards abstinence or moderation
- ◆ New methods and hope for people who want to help an addicted loved one

### Here are some of the **FREE** support groups available to assist you in your recovery:

**SMART® Recovery** – Self-Management and Recovery Training  
**MM®** – Moderation Management  
**W.F.S.®** – Women for Sobriety  
**S.O.S.®** – Secular Organizations for Sobriety Recovery Inc.®

These abstinence and harm reduction groups are non-profit national organizations with State and County approval; all can sign court cards and satisfy DUI requirements. Depending on the county regulations, some will also fulfill Prop. 36 mandates.

*Dr. Marc F. Kern has been the director of Addiction Alternatives since 1987. A specialist in treating drug and alcohol abuse, he is committed to helping people who struggle with problems associated with all types of destructive, repetitive behaviors. As a person who has successfully overcome substance abuse himself, he can offer you first-hand experience with the challenges you face. As a Licensed Clinical Psychologist, he is trained to help you find the solutions that you can use to meet those challenges with success.*