



PHOTO ILLUSTRATION/DAVE STELL

ADDICTION ASSISTANCE ONLINE

Break your nasty drug, alcohol, anger or shopping habit with Stouffville-based online recovery program

BY MICHAEL POWER
Staff Writer

An online course has been launched to help people deal with addictions, even if they can't immediately start a treatment program.

The course, called the All-Addictions Life Recovery Program is run by Stouffville marriage and family therapist Paul Radkowski.

'There's a greater demand than there is supply. I've created this program to bridge the gap of people waiting.'

Although the course is available to anyone with an addiction, it can be especially beneficial for those waiting to get into a full-time treatment program, he said.

Sometimes, people sit on waiting lists for as much as six months, he explained.

"It's outrageous," Mr. Radkowski said, not-

ing treatment can cost thousands of dollars. "There's a greater demand than there is supply. I've created this program to bridge the gap of people waiting."

Those who have had addiction treatment mandated by the courts — but aren't immediately able to access a program — can get started through Mr. Radkowski's program.

The program is not meant to replace full-time treatment and those who might harm themselves or others should seek immediate help, he said.

Mr. Radkowski, also a trauma specialist and crisis counsellor, works across York Region at trauma situations such as accidents.

He has also worked in the Northwest Territories developing addictions programs.

Addiction is behaviour considered to have destructive consequences, that a person can't stop, he said.

That can include taking drugs and alcohol, but also behaviours such as gambling, shopping, surfing the internet, self-cutting, overeating or even anger.

The program uses cognitive behavioral therapy to change a person's beliefs.

The therapy works on the notion everyone has thoughts and beliefs about themselves and the world. It strives to make people conscious of those beliefs, which can often be negative.

Visit www.liferecoveryprogram.com

for more information on the program.

That allows people to control how they think about the world rather than be hijacked by negative thoughts.

Those using the program view 45-minute online videos.

The program has several steps and the modules are incremental.

The first three months of the program set the foundation for the course, Mr. Radkowski said.

Participants deal with issues such as

destructive beliefs they may harbour about themselves and alternative ways to cope with addictive behaviours.

The program also features sections addressing the needs of loved ones of those with addictions.

Participants can receive regular support through e-mail for up to six months after they complete the course.

The program is designed to be widely accessible and comes in easy-to-understand language, Mr. Radkowski added.

Participants are sent regular e-mails explaining what to do.

The program's second half — focusing on advanced concepts such as anger prevention and relapse management — lasts another three months, with the two sections divided into six modules each, plus an introductory module.

The program's monthly fee is \$59, which is less than the price of a therapy session, Mr. Radkowski said.

The three-month program costs \$155 and the six-month session, \$295.

3 reasons a visit to MediSpa Clinic on Main will have you looking and feeling your best!

January Laser Treatment Specials
Now is the time to try laser treatment. See for yourself how safe and effective laser can be.

Bikini or underarms	\$ 79 (reg \$150)
Microdermabrasion	\$ 99 (reg \$175)
Facial Veins / Sun Damage IPL	\$179 (reg \$350)

Aesthetics Specials

Pedicures	Manicures
Facials	Waxing
Body Treatments	

25% off for the month of January

We clear acne

The Isolaz is a breakthrough aesthetic platform using painless, light-based treatment. No pain, no drugs, and results are immediately noticeable and proven to significantly decrease "breakouts".

Call today for a no-obligation consultation

MediSpa Clinic on Main 6038 Main Street Stouffville 905.640.0092 www.medispaclinic.com