

Recovery Imaging



A Generalist Approach to Recovery
Mentoring

Brian Ward

CGRM

CGAC-R

SMART Facilitator

Voices of Problem
Gambling Recovery



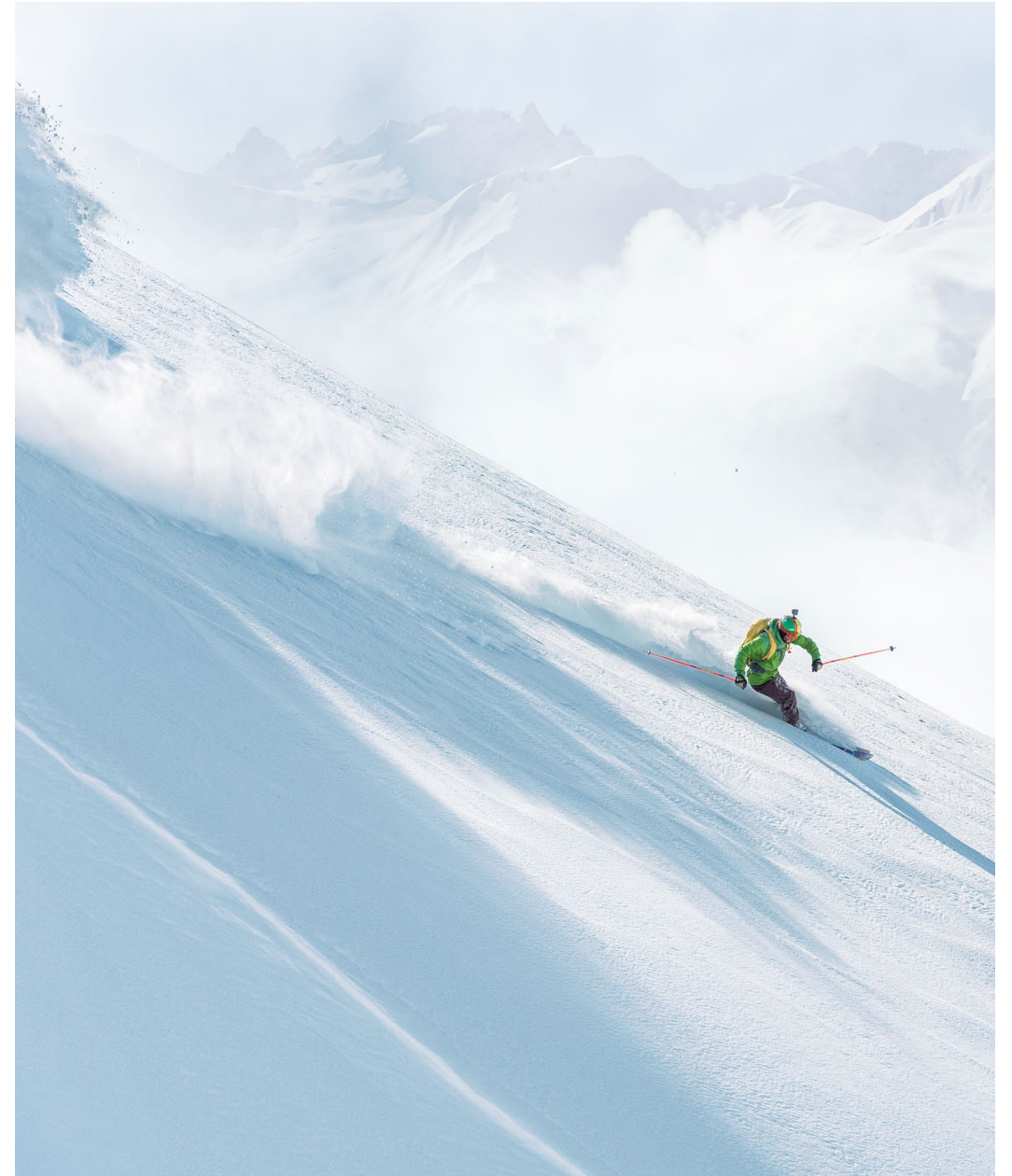


Objectives:

Recognize Benefits of Positive Imagery in
Recovery Messaging

Collaborate with Persons with Lived Experience
on Recovery Imagery

*Recognize Imagery on an Individual and
Societal Level



What are some images and metaphors individuals use to describe their addiction?



What are some images and metaphors individuals use to describe their addiction?

- “Imagine being a ghost. You can see everyone, but it’s like you’re invisible to them”- Isolation
- “It’s like I’ve dug myself such a deep hole, I can’t even find roots to pull myself up”- Despair
- “I feel like I’m swimming in the ocean, with no idea of where the nearest land is”- Uncertainty



What are some images and metaphors individuals use to describe their addiction?

- “Imagine being a ghost. You can see everyone, but it’s like you’re invisible to them”- Isolation
- “It’s like I’ve dug myself such a deep hole, I can’t even find roots to pull myself up”- Despair
- “I feel like I’m swimming in the ocean, with no idea of where the nearest land is”- Uncertainty

* Metaphors and Similes are common tools for getting a point across. It creates a basic understanding of complex feelings and nuanced circumstances





So??





Generalist/Specialist

???



Benefits of a Generalist Approach to Recovery

- More easily find patterns and create/enhance metaphors to Addiction and Recovery
- Able to create a basic understanding that the pathway to recovery isn't unique (TTM)
- Tap into interests and passions with relation, and alignment, to behavioral changes
- Aligned with Motivational Interviewing, a Generalist can quickly find common denominators between seemingly unrelated behaviors

The Golf Swing

Matt is a professional golf instructor for a local club. He has been struggling with utilizing the coping skills and tools he's been learning.



The Weight Rack

Richard has been weight training for years. They have recently had a reoccurrence of gambling, despite actively working on their recovery.



Guitar Scales

Sharon has been struggling a lot with learning her scales on guitar. She practices every day. Sharon has also not gambled in 2 years and is feeling very stable in her recovery.



The slide features a light gray background with decorative elements in each corner. The top-left and top-right corners contain clusters of stylized, light gray leaves with white outlines. The bottom-left and bottom-right corners contain stylized heart shapes, also in light gray with white outlines, which are divided into segments by thin white lines. In the center of the slide, the word "Prevention" is written in a large, black, serif font. Below it, a thin horizontal line separates the title from the subtitle. The subtitle, "HOW CAN THIS USE OF IMAGERY AND METAPHORS ASSIST IN YOUR WORK?", is written in a smaller, black, sans-serif font, all in capital letters.

Prevention

HOW CAN THIS USE OF IMAGERY AND METAPHORS
ASSIST IN YOUR WORK?



RG Specialists

HOW CAN THIS USE OF IMAGERY AND METAPHORS
ASSIST IN YOUR WORK?

The slide features a light gray background with decorative white line art of leaves and branches in the corners. The top-left and top-right corners have clusters of several elongated leaves. The bottom-left and bottom-right corners have a single heart-shaped leaf divided into segments, with a small branch of two leaves below it.

Treatment Providers

HOW CAN THIS USE OF IMAGERY AND METAPHORS
ASSIST IN YOUR WORK?

The slide features a light gray background with decorative white line art of leaves and branches in the corners. The top-left and top-right corners have clusters of several elongated leaves. The bottom-left and bottom-right corners have a single large leaf divided into segments, with a small branch of two leaves below it.

Industry/Marketing

HOW CAN THIS USE OF IMAGERY AND METAPHORS
ASSIST IN YOUR WORK?



Thank you

Brian Ward

Brian.W.CGRM@Gmail.com

www.VPGR.net