



## Expert Care for Professionals and Executives

We specialize in helping professionals and executives overcome problems with substance abuse. We offer a confidential personalized approach that is flexible, individual and sensitive to your needs. Your care and well-being are of great importance to us.

### Payment Options

Services are provided on a self pay basis and all fees are payable at the time of service. We also except insurance, however we only participate with out of network insurance plans. Any fees not covered by insurance will be the responsibility of the individual. Reduced fee options will be addressed on an individual basis.

Bodhi  
1466 Hooper Ave, Suite 3  
Toms River, NJ 08753



awaken to recovery

## services

Individual & Group  
Counseling

Meditation  
Training

Early Recovery  
Counseling

Sober  
Coaching

Mindfulness Based Relapse  
Prevention



mindful  
recovery  
counseling





# mission

*...to provide a safe, compassionate, respectful and non-judgmental environment for healing and recovery.*

# modality

Our evidence-based approach is focused on breaking the automatic reactions and habitual patterns that can trigger substance use and relapse.

The foundation of our treatment is the centuries old practice of Mindfulness, which is valued in Eastern and Western cultures for its quieting and expansive effect on consciousness. Put simply, Mindfulness practice increases our ability to pause, observe present experience, and bring awareness to the choices we make in each moment.

One of the most baffling aspects of addiction is continued use in spite of the strongest conviction to stop. It is not surprising therefore, that one of the most frustrating experiences of the relapse-prone addict or alcoholic is the sense that their relapse was not a conscious action. In fact, it is not uncommon for such individuals to report that they don't even know why they "picked-up again", it seemed to "just happen".

Applying the practice of Mindfulness to the treatment of addiction is similar to watching a replay in slow motion. Mindfulness shifts our point of focus inward, and the effect is an increased awareness of our actions – and the time we have each moment to choose differently<sup>1</sup>. Mindfulness has also been clinically shown to reduce the cravings often associated with early recovery and chronic relapse<sup>2</sup>. Those who practice Mindfulness report the added benefit of an increased sense of serenity – enabling them to navigate through life's stressors without reacting in anger or anxiety<sup>3</sup>.

Mindfulness is more than a method for stress-reduction. This 2,500 year-old-practice and its positive impact on brain function and behavior has been the source of great interest and study to clinicians over the past 50 years. There is a wealth of research on its psychological benefits, which is even the most skeptical would find difficult to dismiss<sup>4</sup>.



**Richard Novatkoski** has worked in the field of substance abuse treatment for the past 25 years. Rich has considerable experience working in many modalities of treatment, and he has held various clinical and administrator positions. He is committed to treating the whole person by using holistic methods such as mindfulness meditation, yoga, acupuncture, and other cutting edge approaches. Rich has been practicing meditation and mindfulness for 30 years and he is trained in Mindfulness-Based Relapse Prevention (MBRP).

<sup>1</sup> Bowen, S., Witkiewitz, K., Dillworth, T.M., Marlatt, G.A. (2007). The role of thought suppression in the relationship between mindfulness meditation and alcohol use. *Addictive Behaviors*, 32(2007), 2324-2328.

<sup>2</sup> Witkiewitz, K., Bowen, S., Douglas, H., & Hsu, S.H. (2013). Mindfulness-based relapse preventions for substance craving. *Addictive Behaviors*, 38(2013), 1563-1571.

<sup>3</sup> Treanor, M. (2011). The potential impact of mindfulness on exposure and extinction learning in anxiety disorders. *Clinical Psychology Review*, 31(2011), 617-625.

<sup>4</sup> Keng, S.-L., Smoski, M.J., Robins, C.J. (2011). Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review*, 31(2011), 1041-1056.

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