



---

# Program Description

---

Drug and Alcohol Education  
and Rehabilitation Services

# *How It Really Works...*

---

## **A Narconon Program Graduate is someone:**

- *Who has completed the Narconon program;*
- *Who knows he or she is, in fact, capable of living a drug-free life thereafter;*
- *Who has improved his or her ability to learn and thus can accept new ideas on how to change life for the better;*
- *Who has personally absorbed the fundamentals of ethics and morality well enough that he or she can be productive and contributive to society and will have no further troubles with the justice system;*
- *Who knows how to solve the problems of life in a rational manner to the best of his or her ability, without the use of mind altering drugs.*
- *Narconon expects every student, no matter what the severity of his or her earlier life experience, to achieve and to live a stable, drug-free, and ethical life.*
- *There is no such thing as a “victim” in the Narconon way of thinking. Even if life has dealt one a bad hand of cards, the road out is through personal recognition of responsibility for one’s own condition.*



## Written Guarantee

We have the highest documented success rate in the world 76% and we stand behind our services with this guarantee. If any graduate of our program has any difficulty remaining drug or alcohol free within 6 months of completing our program, we will gladly accept the client back free of charge for an advanced treatment review program. This does not include airfare or in the rare case that the client has been chronically using drugs or alcohol which may require a medical detox before beginning the advanced treatment review process.

## Drug Free Withdrawal:

*Drugs such as heroin and alcohol normally come with a considerable amount of physical discomfort when an individual stops taking them.*



That is why we conduct a pre-medical evaluation and provide safe 24-hour care, making drug free withdrawal relatively pain free. For severe cases, a medically supervised detox is available to help ease any physical discomfort experienced while withdrawing from drugs or alcohol. Once released from the medical detox, the individual will continue with their drug free withdrawal process at our center location. Each and every individual who enters our program will be watched over by detox specialists to help insure a relatively pain free withdrawal and to ensure all their emotional needs are met.

*This phase of our program is designed to help the individual withdraw from drugs without having to suffer the usual painful withdrawal symptoms.*

When an individual takes drugs and alcohol their body becomes depleted of vitamins and minerals. We use specific nutritional compounds to help rebuild the person physically. When

a person is withdrawing from drugs and/or alcohol they are under supervision by a trained withdrawal specialist at all times. This lasts until both the physical and mental discomforts are eliminated.

## The Communication Course:

*This course is specifically created to help individuals with communication skills.*

These drills are set up to help the student improve their ability to confront any situation they come across through communication. Individuals who have a problem with drugs and/or alcohol usually have a difficult time communicating with those around them. They often find it hard to talk about subjects they view as unpleasant.

*Typically, when an addict is forced to confront sensitive issues they withdraw from their friends and family.*

The Communication Course has eight different training routines to help with this problem. Students are extroverted by this therapeutic approach which helps them resolve problems with others easily.



## The New Life Detoxification Program:

*Drug metabolites can remain in the fatty tissue of the body for years after they have been taken and it is important that they are removed.*

These metabolites can cause drug cravings, depression and many other physical and emotional stressors when released into the blood stream. This process is a vital step in our addiction treatment process.



*The New Life Detoxification Program removes the root cause of future physical re-stimulation and cravings.*

As mentioned, many different types of drugs remain in the fatty tissues of the body long after the individual has stopped taking them. These different types of drugs include cocaine, heroin, amphetamines, valium, pcp, crank, crystal meth, methamphetamine, ecstasy, alcohol and medicinal drugs such as narcotic painkillers, tranquilizers, sleeping pills etc. As an individual continues to abuse a drug or drugs, metabolites from the drug or drugs accumulate and store in the fatty tissues of the user. If these metabolites remain stored in the individual, they can be released into the blood stream at times of stress causing severe craving and a potential for relapse.

*A key point of our program is flushing out the accumulated toxic metabolites.*

A protocol of medically supervised exercise in addition to periods of sweating in a dry sauna and nutritional supplements are utilized to rid the fatty tissues of the stored drug metabolites. Often times, the results are extremely phenomenal. It leaves the individual with significantly reduced drug cravings, and in many cases, without ANY cravings for drugs at all.

## The Learning Improvement Course:

*The learning improvement course helps our students with their ability to learn and comprehend knowledge that is presented to them.*

In addition, it helps them with overcoming problems they may have had regarding studying and learning. Students learn how to "clear" words from the dictionary, create realistic demonstrations of concepts, and to notice and take care of gradient difficulties. In addition to the learning improvement course, Phase II incorporates tools to help the student achieve goals and regain their self-control. Students are guided through techniques to snap out of traumatic events of the past which they may be stuck in. This course increases the individual's ability to better handle such events in life.



## The Communications And Perceptions Course:

*This course is multi-faceted in that it further develops the communication skills necessary to confront and overcome the day to day problems associated with living drug-free.*

It gives the student the ability to be comfortable and confident within one's self. Drugs are a temporary way for people to escape reality and change the way they feel. When the drugs wear off, they are left feeling introverted and worse than before they took the drug or drugs.



*Also, memories of their transgressions against their family and friends stay with them, making them feel even worse.*

This course helps the student to focus his/her attention on the present and the future, not stuck in the past. At this point their perception of their life improves as well as their communication with others. The Communications and Perception Course helps students become more "causative" over their life and the environment rather than being adversely affected by it.

## Ups And Downs In Life Course:

*This course gives the student the ability to confront the underlying issues which caused them to use drugs in the first place, as well as their present situation.*

They learn to identify social and anti-social characteristics in others as well as themselves. This course makes them capable of recognizing situations that are potentially a source of trouble and their options when confronted with these situations.

*Often, drug abusers and alcoholics are susceptible to negative influences.*

In this course, students learn the characteristics of social and anti-social personalities in order to evaluate objectively and choose those people in their lives who need to be avoided. Completing this course enables the individual to evaluate behavioral, constructive, and destructive characteristics. It also provides them with appropriate methods for handling negative influences. This is an important part of remaining drug-free.



This was a wonderful book. It really helped me take a good look at my life and at myself. It helped me to learn how to handle people and pick the right ones in my life. I feel so lucky and so much better now that I have had a chance to get everything that was built up in my life off of my chest, lifting so much weight off me. I now know how to choose people. It is so awesome to be able to really confront and take a look at my past life and see how I screwed it all up. To see the effects of everything and then be able to actually take responsibility for what I have done not only to myself but to my family and friends. I feel great. Thank you so much for all of your help!

A.L.

## Personal Values And Integrity Course:

*Addicts often find that through their addiction they lose their sense of personal integrity.*

This is because the life style that goes along with addiction is one that almost always involves lying to friends or family, and almost as often involves the commission of illegal acts. Restoring personal integrity is not just a moral issue; it is a matter of survival. It is a fact that until one can confront and be honest about ones past, a person will be haunted by it. Until these types of misdeeds are dealt with, the addict will continue to be plagued with:



*Unwillingness to communicate, withdrawal from family and friends, unhandled hostility toward those who try to help him or her. Feelings of resentment towards authority. A sense of being uncomfortable around ethical people, inability to have stable relationships.*

*There is even such a thing as a "drug personality."*

It is a chemical personality that is created by drugs and alcohol. When an individual takes a mind altering drug or alcohol it changes their personality to one that secretly harbors hostilities and hatred that they do not want to show on the surface. An entire section of the Personal Values and Integrity Course was developed to handle just this.

*This course offers the student an opportunity to clear their conscience of past transgressions and illicit behavior by taking full responsibility for their actions.*

It provides the student with a code of honor to live by, stresses the importance of being honest in their lives, and the benefits of living in an ethical manner.

*"I feel very confident in myself. I have drive and intention to work and get things done right the first time. I am very comfortable with my life and content with the way things are going. I will be ethical and moral and have integrity. I know I am a good person inside. Book 6 has helped me realize that things aren't that bad and that I can be happy for once. This book showed me things to do and not to do. I feel that I have learned so much. I completely understand and am applying what I have been studying. I will continue to improve more and more and will not go back to drugs or let people bring me down!"*

S.S.

## Changing Conditions in Life Course:

*Difficult choices arise for everyone at some point in their life.*

For those who are addicted to drugs the difficult choices they make can be deadly. This course gives students the exact formulas to evaluate objectively and improve conditions having to do with their self, their family, the groups they belong to, and other areas of life. They learn that any condition can be changed for the better as long as it is handled correctly.

On this course, the student takes specific actions to repair the past and present conditions in their life. They are given the tools with which they can continue to improve conditions and situations in the future. Drugs are a temporary way for people to escape reality and change the way they feel. When the drugs wear off, they are left feeling introverted and worse than before they took the drug or drugs.

*"I had many realizations in this book, I realized how selfish I had been throughout my addiction and how my exchange with my family as well as society was very one sided. I learned roadmaps (formulas) on how to get out of problem situations as well as how to be able to become successful in life or any endeavor in which I choose. Most importantly I realized that I needed to make up damage to myself, my family and society in order to propel my sobriety. I had been to too many rehabs before and like always I just 'took' what they offered me and selfishly walked out the door and wondered why I failed. Before this program I had always been a taker and after learning and applying this book I realized that in order for me to rise in life I need to give before I can receive. This book ties in all the prior books of this program and gave me a complete understanding of myself and for the first time in my life I feel confident about my future."*

C.M.



## The Way To Happiness Course:

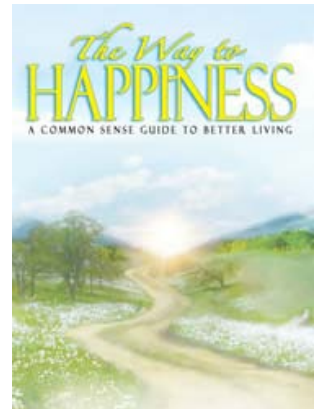
*Wouldn't it be wonderful to be handed a "How to Live Life" manual?*

Most of us go through life by trial and error. The Way to Happiness Course helps introduce the student to a common sense moral code that they can use in living a new drug and alcohol-free life.

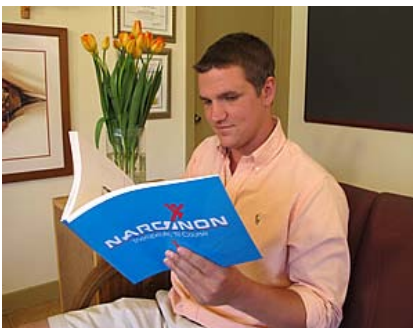
*"I feel as if now I am truly on my way to happiness. I have many times in my life gone down the wrong road. The beautiful thing about traveling down the wrong road is that I now know what the wrong road is. My decisions before were influenced by others. I can now once again think for myself and choose the right path to go down in my life. This is a huge win for me. A kind of bittersweet win, knowing that I am becoming stronger, but also knowing there are many out there in the world today that still need help. I wish everyone could feel as good as I do now, and I will continue feeling this way about myself."*

*Thank you sincerely.*

M.E.



## Final Program Review:



*This step of our program is comprised of two essential components tailored to meet the needs of each student.*

1. A comprehensive review to ensure the student has thoroughly completed and gained the expected abilities of all phases of the program.
2. Creating a life plan. This is a plan for the new life that the student is beginning upon their completion of the program. This plan incorporates the application of their entire program and the student customizes it for their life and personal goals. This plan must be agreed upon by the student and their case supervisor. The plan must be seen to have the maximum potential for the student's success.

*This last step incorporates every step of our program.*

It helps to ensure that the graduate will live a drug-free, productive, and ethical life. Although each action of our program produces significant gains, it is the combined effect of all these steps collectively which result in a full and permanent recovery.

## Follow Up Program:

*A comprehensive long-term follow-up program is designed and implemented to assist the student through the first year of their recovery.*

This is achieved by regular communication with the graduate and their family members. They monitor and address the graduates stability and progress after their graduation from the program. The student will receive special assistance in addressing these life issues so he or she may maintain a drug and alcohol-free life.

*During the first 6 months of the follow up program, if the client is having any difficulties with drug cravings or relapse we ask that the client return to our treatment facility for an advanced treatment review which is free of charge for up to 6 months after graduating the program.*

