

## HEALING UNDERLYING CORE ISSUES:



## OUR STORY AND APPROACH

*The Clearing SPC*  
*Residential Treatment Care and Healing*

The Clearing  
*alter your life*

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# Introduction

## *What This eBook Can Do For You*

### **Welcome, and please read this first**

*Have you ever experienced something so great and profound that you just had to share it with others?*

Well, if you have, then you'll understand what motivated us to tell this story, do our work, and to start The Clearing to help others. This ebook and our work at The Clearing is a labor of love.

### **Quick background**

In December 2011, the two Founders began working together to create the program that has now become The Clearing.

We were all too familiar, from personal experience, with the rehab industry and its weaknesses. We observed that the success rates were very low. More troubling, we knew of many stories of people going to rehab and not experiencing a substantive program, in some cases coming out of treatment worse than they went in. Our research showed that many programs solely provide behavior modification and coping skills as their solution, which doesn't address the core mental and emotional issues present for people struggling with their personal situation.

We all have backgrounds in Spiritual Psychology, and together we said with absolute clarity, "we can do better." Each of us have the experience of healing profound issues which limited our lives through the Principles of Spiritual Psychology and we have been tremendously blessed to have worked with others and watched them do the same. Without a doubt, we knew it was the time in our lives to create and manifest this Program.

In designing our Program, we started with a blank piece of paper. We didn't look at what insurance would pay for and we didn't look at what other programs were doing. We focused on creating a program that would provide the best opportunity for our Participants to heal the underlying core issues that were limiting their lives. We had all been through an excellent program at the University of Santa Monica and we drew heavily on our experience there.

*"We started with a blank sheet of paper.... there is literally not a program like this in the country."*

The result is the Program we offer you today. Together we have spent over 18 months designing and implementing the best program we know how to create, in the best facility we could find. The result is a highly effective program, in a loving, healing and safe environment, located in a beautiful location in the San Juan Islands of Washington State. There is literally not another program like us in the country. This program was designed from the ground up to provide our Participants with a set of life altering tools they will use both in their present circumstance, and also in their unfolding life going forward.

We are excited and confident that we have created an unparalleled program for those who participate honestly and authentically.

## **Why this ebook is different**

Plain and simply, everything you read here is real. We have first-hand experience with detox, Malibu treatment centers, 12 Steps, and many, many cases of individuals in trouble with alcohol, drugs, depression, anxiety, and other disorders. We have witnessed a spiritual approach to healing and its transformational effects in both our own lives and the lives of countless others. So if you read it here, you can be rest assured that these approaches have been tried and shown to work with authentic commitment.

## **You're not alone**

If you are reading this ebook, you are probably exploring your options associated with a challenge you are having in your life. You may be feeling alone and that no one else understands what you are experiencing.

We want you to know that you are not alone. Below are a few informative statistics from the National Institute of Mental Health that you might find surprising:

- More than 25% of adults in the United States suffer from a major mood disorder such as depression or anxiety.
- Over 20 million people each month use substances to excess.
- Approximately 13% of adults are being treated for mental health problems at any one time.
- Approximately 12% of adults are suffering from a mental health problem but are not seeking treatment due either to the stigma of mental illness or because they are simply in denial.
- Suicide rates outnumber deaths from auto accidents in the United States

Researching treatment options for your issue is the courageous thing to do and we urge you to continue. We know that selecting the right treatment program can be a daunting task; there are many different programs to choose from and so many of them sound the same. How do you go about choosing the program that is right for you?

## **We suggest you consider the following questions:**

- Do you want to go through treatment in an institutional setting which is usually cheaper but has more people and less personal attention, or do you want to experience a small, intimate program with more personal attention?

- Is the program serious about maintaining a high level of accountability with its participants? A well supervised program is critical to the success and safety of the participants.
- Professional help should be the major consideration for anybody seeking treatment. Evaluate the staff, their credentials, their experience and the counseling approaches they use. Does it sound like their approach is right for you?
- What is the facility like, are the accommodations comfortable? How many people are in each room and bath? Is the food nutritious and well prepared and are they willing to support your individual dietary needs? Do they offer alternative therapies such as massage, Reiki, yoga, art therapy and exercise? Does their facility sound appealing?
- Does the program screen its applicants to create a group of like-minded participants? When like-minded individuals are placed together, a sense of community is created and the chance for successful treatment is increased.

We encourage you to ask the hard questions and be your own advocate to find the program best suited for you. We are here to help, so please contact us with any questions you might have about our Program or about the industry in general.

## **We're here to help**

One last thing before you get started. As you probably have noticed if you've visited our website, read one of our blog articles, or have communicated with us in other ways - we're the type of people who appreciate community, relationships, and helping others. We love it when people call or email us with questions on residential treatment, The Clearing, or simply just to have someone to talk to. Feel free to email or call any of us at anytime - we'll be there for you.



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*Co-founder and Operations*  
*Facilities, Meals, Admissions and Therapist*

## *Mission Statement*

When we came together to create The Clearing, one of the first things we did was form our Mission Statement. We did this so that we would have a compass, a document that reminded us each day what we were doing and why we were doing it.

*We dedicate our lives to loving service.*

*With joined purpose, we have created a loving environment dedicated to teaching and modeling the Principles of Spiritual Psychology. Guided by Spirit, we are facilitating those entrusted to our care, as they heal their issues for the Highest Good of All Concerned. In an honoring, loving, authentic and professional way, we are providing care at the highest standards of the mental health industry.*



## Chapter 1: Betsy's Story

### *What I Did to Regain Control of My Life*

Co-founder [Betsy Koelzer](#) describes her personal challenges with drugs and alcohol and how she was able to regain control of her life. [Click here to watch.](#)



#### **June, 1999**

Rock bottom. What can I say? You know it when you see it.

For me it was June of 1999. At the time I was 38 years old and lived in the small town of Burnet, TX, where I ran product development and manufacturing for a company my husband, Joe, owned. At that time Joe was working in Austin five days a week so I had plenty of privacy for my drinking.

As you know, addiction progresses. As one bottle of wine led to another and another, I found myself in the completely unbelievable position of needing serious help. I was addicted to pain medication following a major back surgery and as the pills declined in efficacy, I attempted to boost their effect with wine and vodka. And I won't lie, I liked the way I felt with the edge taken off of my world. I just felt better; drinking and pain

pills pushed my troubles away. Most people call it ‘numbing out.’ To be honest I’d have to call it ‘blacking out.’

So how bad was it? Pretty bad. Burnet is a very small Texas town with only two places to buy liquor and I was personally keeping both in business. At the grocery store, I hid the wine on the bottom of the cart so my neighbors wouldn’t see it. I rushed it into the bag at checkout and made a bee-line to my car, sweating the whole time. The liquor store, a Texas classic, shared a wall with the dirty book store. I loved that place... it had a drive through window and when I bought a bottle of vodka the clerk would lean out the window and ask if I wanted a cup of ice. With lime! Though I only lived two miles from the store, naturally I said “sure.” Now that’s customer service!

It got so bad I’d go home, open my giant bottle of Chardonnay, make my first oversized drink and literally -I mean I really did this- duct tape my keys to the table with a note that said, “do not drive Betsy.” This was because I knew I’d finish the bottle and want more. My biggest regret in life is that sometimes the note didn’t work.

## **A Saturday morning call**

One of the events that really stuck out for me was the Saturday morning when the phone rang at about ten o’clock in the morning. I answered it and the caller identified herself as an intake associate from the Betty Ford Clinic. *Returning my call.* I was speechless, which for me is really saying something. She very politely told me to not feel too bad, this wasn’t the first time she had returned the call of someone who had no memory of calling. The only thing I could put together was that the previous night I must have been watching TV, seen an infomercial and called. This assumption became sounder when two weeks later I received a really nice pair of pajamas from the Home Shopping Network and the order was from the same night. I felt lucky to not have ordered a velour jump suit, but, mystery solved!

Now that, friends, is what you call a black out. While I got out of mine for \$39.95 plus delivery, it is terrifying to wake up and have no memory of the night before. Terrifying.

I already knew I was in trouble so during this same period I was already in weekly outpatient counseling with a wonderful LCDC (licensed chemical dependency counselor) who was desperately trying to get me to see I needed help. My ‘Betty Ford Moment’ pretty much sealed the deal.

## How could this be happening to me?

I was finally at the point where I realized I had to go to treatment. This was hard, really hard. I had always viewed myself as a happy little drinker and now I had to get my head around the fact that I was a drunk; it was devastating. I was humiliated that it had come to this. I had literally quit drinking every morning, only to start again in the afternoon. I couldn't stop. I'm smart, capable, responsible, high functioning and I simply could not stop. How could this be happening to me? This happened to other people...

The more I thought about it the worse it got. How was I going to tell my family, friends and employees? What would people think of me? Where would I go and what would it be like? I was really scared. I had never imagined I'd be in this situation and it was tremendously difficult to face.

Once it was clear I had to go, it was time to select a facility. This was 14 years ago and at the time websites were not very informative. I also kept backing out and trying again to quit on my own and this didn't help the process. Finally things came together; I was willing to go and there was a facility with an open bed. Time to get there.

## Going off to treatment

The facility was a 90-bed inpatient program in central Texas, three bad things. They sent me a list of what to bring and what to leave home and I clearly remember sitting on the end of my bed as I packed pondering this list...they had a pool and said I could bring a 'one piece bathing suit.' I was in such a fog I truly couldn't decide which piece to take, the top or the bottom. What kind of



a place was this?

The departure day arrived and started early; I had an hour and a half drive to make and I insisted that I wanted to drive myself. I was so embarrassed I didn't even want my husband to see this. The hour and a half drive took most of the day.

Halfway there I returned home for a pair of sandals. Then I was sure the car was overheating. Next I rescued a stray dog. And so on. I finally arrived in the small town of Fredericksburg, TX at dusk. As I later found out was standard patient procedure, I pulled over at the last possible stopping place, a volunteer fire department, and took a handful of pills under the flag pole, figuring correctly it would be my last chance. I killed an hour or so trying to get my nerve up and finally drove up the road only to find a 40x60 foot sign banning any drugs and guns beyond this point. Uh oh. I had both. (of course a Texan has a gun!)

What to do? Well I better drive back home. Ha.

I parked at the bottom of this enormous sign and walked down a long road to the intake offices where I was met by a very confused staff who were wondering how I got there. I told them about the sign, they looked at me like I was crazy and told me to walk back to my car and drive down. Turns out it's fairly common in Texas to check into treatment with a gun so they politely disarmed me, relieved me of my baggie of pain pills and in I went. (the next time I saw the sign it was 2 feet high, go figure.)

Intake was a trip, but I was feeling no pain so I made it through just fine. They took my luggage and went through all of my things which would normally offend me greatly. They were puzzled by the bottom half of my swim suit but other than that there were no issues. I had stuck with the list. No sharps, no mouthwash, stuff like that.

From intake I went into detox, a small hospital attached to the facility. It didn't register at the time but I would realize later that my 28 days of treatment would be shortened by a week because the detox time came out of the 28 days. This wasn't good.

Detox was no big deal. Mainly I was just sleepy, doctors prescribed me medications which would taper off my dependency on alcohol, opiates and benzo's and I pretty much slept through the first week.

After detox the adventure began. I was literally discharged, told to walk up the hill and find the meeting hall where I would be joining my first AA meeting, already in session.

Barely walking straight, I trudged up the hill and walked into the employee entrance of the kitchen. They seemed to be used to this kind of thing. I found the right place and walked into the back of the room to be loudly greeted by a wirey man wearing an eye patch who announced, “hey little sistah, grab yerself one of them blue books and take a seat.” And so it began.

## “Hi, I’m Betsy..” and the 12 Steps

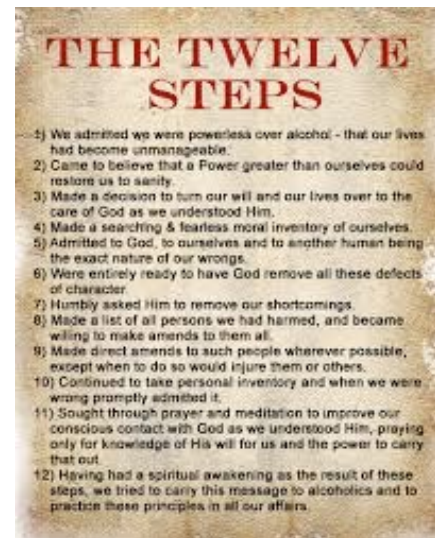
“Hi, I’m Betsy and I’m an alcoholic and drug addict.”  
You gotta be kidding me. Yuck.

After the meeting - of which I have no memory - I was assigned to a small hotel-style room which was occupied by three other women with a small, shared, very disgusting bathroom. Four twin beds with see-through sheets were crammed in the room and I still don’t want to talk about the towels. This was my new home.

I was paired up with another resident who was in charge of showing me around and making sure I made it to dinner. My ‘buddy’ was Gary who had been at the facility three days, having just been released from jail. To my delight he was not only an excellent tour guide and informative ex-con, but an evangelical preacher to boot! As an atheist, I could hardly believe my luck.

Within three days I was required to become an AA ‘sponsor’ to another participant. Talk about blind leading the blind. I politely declined and got in a heap of trouble for being selfish. My view was this was criminally stupid and I’d have no part of it. Who was I to advise anyone? Ridiculous. I got labeled ‘an independent thinker’ like it was an insult. I considered it a compliment.

Their ‘program’ was working the 12 steps and attending an on or offsite AA meeting every day. This I found profoundly frustrating. I was paying \$900 per day and I was supposed to self study a 570-page book written in 1935, (which didn’t then and still doesn’t acknowledge women as anything other than her alcoholic husbands ‘caregiver’). Oh, also I was required to paint a rock to get in touch with my artistic side. I didn’t do that either.



It didn't go well. *I tried. I tried harder than I had ever tried to do anything in my life. I wanted to get better.* I wanted to go home to my husband and family. I wanted sobriety. But I could not do the Steps. Frankly I found them intellectually insulting and pedestrian. I didn't want to admit I was powerless, I didn't want to claim I had a disease, I didn't want to confess my sins to another person I barely knew, I didn't want to admit there was a higher power (I was an atheist for crying out loud), I didn't want a sponsor who had been sober for less than a week, and I didn't want to go to depressing, oppres-

*"Quite simply I was just a chunk of change stuck in a huge money machine."*

sive meetings for the rest of my life. I was in bad shape but even then I knew there had to be something better than this. Quite simply I was just a chunk of change stuck in a huge money machine. The facility was disgusting, the food was cheap, the staff had limited experience or were interns. And underlying it all was

the fact they had no program. And to top it off there were people standing around tapping their watch waiting for me to have a 'spiritual experience.' This was not the place for me.

Let me stop for a moment and address AA. First, it's been a successful program for some - helping millions of people worldwide since its inception in 1935. I know people who participate in AA and respect that it is working for them. I'm glad it exists, it's a community for people working on their issues, it's free and available everywhere. But to say one program is right for everyone is just nonsense. Some of us need something different; what are we supposed to do? That's how The Clearing got started.

Psychology and Spirituality have made enormous gains in the 75 years since the inception of AA and the AA program does not incorporate these new techniques or modalities of addressing addiction. If AA and the 12 Steps work for you, more power to you. There are thousands of programs from which to choose; research carefully and pick the one right for you. If the 12 Steps don't resonate for you, I invite you to check out [The Clearing](#) and call us for more information.



## Treatment: Round 2

As I struggled to finish my 28 days, it became clear that I had what is called a '[dual diagnosis](#)' - a condition where there is more than one issue present at a time. In my case, depression and addiction. Because of this, it was recommended that when I completed 28 days, I would transfer to another facility which specialized in dual diagnosis.

I wound up in a multi-million dollar luxurious mansion in Malibu only to find the same thing. I was again handed the AA Big Book and told to get going on my Steps. No program whatsoever! Again. Urrgh. But you couldn't beat the setting, a private chef and housekeeping! My kind of treatment.

The one thing this facility did offer was the opportunity to choose my own counselor for twice-weekly sessions. They gave me a list of four or five counselors and psychologists from which to choose and there was a description of each with a little information of their approach. At the bottom of the list was a Spiritual counselor and at this point my honest thought was, "well I'm not getting anything else out of this I might as well have some fun. This guy's gonna be a trip." In a nutshell, I picked the spiritual counselor as a joke.

I had my first session and sure enough, he talked about 'loving myself' and 'healing the hurt within' while I rolled my eyes. Good stuff.

After a week or so I had become more despondent and hopeless; I discovered my 'rock bottom' had its own 'rock bottom' and I hit it hard. I was getting worse because the hopelessness of not finding any solution that worked for me was overwhelming. I wasn't eating, I wasn't sleeping, my depression was getting worse and I was in very bad shape.

About two o'clock one morning I had finally had enough. I got out of bed, and went downstairs to get some help. I thought I might need to be hospitalized. I didn't want to live anymore and it frightened me how serious I was about it.



## And that's when it happened.

The spiritual counselor was on staff that night. I stood in the doorway of the office and told him I needed help and I needed it right now. I was ready.

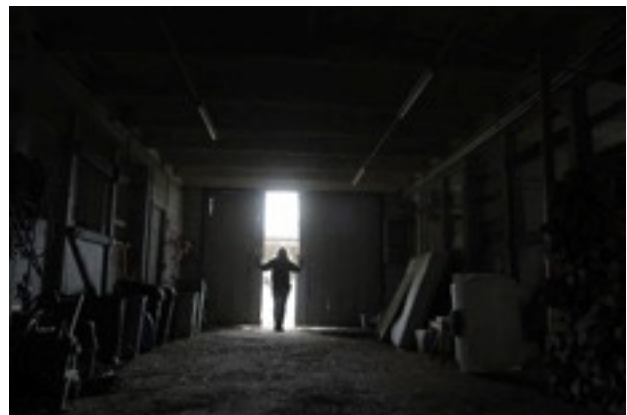
We went to an adjacent room where he proceeded to lead me through one of the processes that would save my life. I showed up, I was authentic, honest and willing. I had no other choice. I followed his instructions as we worked our way to the core issue that had been fueling my addiction and depression for a decade. Once there we completed the process by what I can only describe as a healing. Through forgiving myself for judging myself as so very bad, I found the way out. I accepted that I was not a victim, that I wasn't bad and that I was worthy of the unconditional love of Spirit. The whole thing took about thirty minutes but I was transformed. I went to bed, slept like a baby and woke up a new woman. *A woman with hope.*

## How do I get what you have?

I woke up the next morning hungry as hell and with only one thing on my mind. A question for my counselor: "how do I get what you have?" I would do anything to deepen my experience of this new way of being.

My counselor told me he was just finishing graduate school in Spiritual Psychology at the University of Santa Monica in Santa Monica, CA and recommended I look into this incredibly profound and unique program. Frankly I was hoping for a 12-page pamphlet but at that point I was so invested I said, "whatever it takes." Quite simply, my life depended on it.

The next morning, I, uh, 'liberated' a facility vehicle for the 20 minute drive over to the college with laser purpose and a credit card I'd smuggled into treatment. After spending two hours at the wrong college, I finally found the right place, presented myself to the unsuspecting admissions officer and with my credit card thrust in his face said, 'let me in.'





As you might as imagine, he was taken aback. He actually just sat there and stared at me a minute, but then collected himself to explain to me that, “Well, no, Mrs. Koelzer, this is not how one applies to graduate school.” He explained that there was an application process, an essay, transcripts, a deposit, a committee review, a personal interview and sadly the school presently had a waiting list for the next class, which started in five weeks. I said, “well actually Mr. Hasset, this is how I’m getting in so let’s move it” (or something ridiculous like that). I didn’t *want* to do this, I *had* to do this.

He was speechless. This was obviously the first time anyone had demanded to get in graduate school. It was a moment. We silently stared at each other for over a minute. He was a graduate, fortunately for me, and he was just taking in the situation, not reacting to my crazy presentation. He moved into his heart, I could practically see it happen. He leaned back in his chair, took a deep breath and asked me to sit down. No can do, I’m in a stolen car so if you don’t mind, I’ll stand. Poor guy. He gathered up a bunch of papers took my deposit and I was on my way.

Miraculously, I was accepted, and proudly completed the two-year program in three years - flying from Austin, TX to LAX once a month to do it. I was the only student in the history of the university to have to redo the first year, but to my credit I was starting as an atheist so I had a bit more ground to cover. I did it, had a great experience and the rest is history. *The coursework changed my life*, I learned the [principles](#) and [basic skills](#) of Spiritual Psychology and I apply them to my life every day.

I wish you the best on your journey. I know it is challenging but follow your heart, your intuition and you’ll get there. If I can help, email or please feel free to contact me.

Thank you for reading.

Betsy Koelzer

A handwritten signature in cursive script that reads "Betsy Koelzer". The ink is dark and the signature is fluid, with a long, sweeping underline.

## Chapter 2: How We Do It

### *Healing Underlying Core Issues*

#### **Giving residential treatment an upgrade**

We are dedicated to providing the highest level of care in the mental health industry. Toward this end, we have given residential treatment an upgrade – using Spiritual Psychology to heal the underlying core issues. In the 1940s, Dr. Carl Rogers foretold of a Psychological approach that would concern the health of the Soul. At The Clearing, using Spiritual Psychology, Participants achieve mastery with this very approach. Spiritual Psychology incorporates both mainstream psychology and spirituality. It is founded



on the knowledge that we are all Spiritual Beings having a human experience.

[Click here to watch video.](#)

The body dies but the Soul lives on; it is our relationship with the Soul that is the primary concern of Spiritual Psychology. Supporting the Soul as it learns and thrives, while overcoming adversity is the main focus of the Program.

Problems in our life can be seen as blessings because when we resolve them our level of consciousness increases. If we don't resolve our problems, they cycle around again and again until we heal them.

## **What we treat**

We treat those recovering from alcoholism, drug and substance abuse, and other disorders. Those suffering from the following can benefit from our Program:

- Addictive behaviors and substance abuse
  - Alcoholism and alcohol abuse
  - Drug abuse
    - § Opiates: heroin, methadone, OxyContin, codeine, Demerol, Vicodin, Percocet, etc.
    - § Sedatives: including Klonopin, Xanax, Valium, Ativan, etc.
    - § Other controlled substances: cocaine, methamphetamine, marijuana, hallucinogens, club drugs, etc
  - Gambling addiction
  - Screen addiction
- Emotional stability
  - Depression
  - Anxiety
  - Bi-polar disorder
  - Other mood disorders
- Traumatic events
  - Loss of loved one
  - Divorce
  - Loss of job or career
  - Loss of prestige
  - Loss of direction

## An alternative approach

The Clearing is an alternative to the 12 Steps. The 12 Steps was an amazing program when it was introduced in 1935. It has helped millions around the world; however, it has not been a solution for millions of others. In the past 75 years, there have been extraordinary advances in psychology, spirituality, medicine, and healing. The Clearing incorporates these new advances.



## Holistic approach

People are multifaceted, complex, and creatures of habit. Human beings operate on the physical, mental, emotional, and spiritual levels. Issues are resolved at these levels as they are addressed in an authentic, loving, nurturing, and systematic way. We know holistic is an overused term that many treatment centers claim to embody. Well, maybe so, and maybe not. Here, we treat the entire person, literally, and have a number of different methods to help in that healing.

The Clearing is **the only** residential program where Participants start and finish treatment at the same time. Without the interruptions of people leaving or entering treatment, every day builds upon the last. Participants learn to master psychological and Spiritual approaches. Upon discharge they have the knowledge to effectively counsel themselves through the ups and downs of everyday life.

## Evidence-based mainstream approaches incorporated

We interweave the most effective mainstream conventional psychological approaches into the Program. These include:

- *Person Centered Therapy*: Creates a safe and nurturing environment, allowing people to access deeper levels inside themselves.
- *Reality Therapy*: Useful for creating a plan of action to heal and grow.
- *Neuro-Linguistic Programming*: Helps people change their reference point and view problems as opportunities for growth.
- *Gestalt Therapy*: Wonderful exercises to complete unfinished emotional trauma.
- *Psychosynthesis*: Relaxing visualization exercises to assist living more fully in the here and now.

## **Time to unwind**

An important part of residential treatment is comfort. At The Clearing, we offer 6 private rooms and baths, and 2 semi-private rooms and baths.

Our emphasis is on creating a safe, loving and healing environment for all Participants and to create a space for them to focus on themselves. We also know how important it is to have access to personal devices such as cell phones and computers, so we have developed an electronics policy that balances these two objectives. We have designated periods when personal electronics are available. All electronics are logged in during intake, and Participants may continue to use them until around 7:00 p.m. on the date of check-in. The next time electronics will be made available to Participants is the following Thursday, four days after admission. From that point on, electronics are permitted every Tuesday, Thursday and Saturday for a one hour period between 4:00 p.m. and 6:00 p.m. and additionally on Sunday for a three hour period between 10:00 a.m. and 1:00 p.m. Headphones are required for listening to music.

## **Why it works**

When people authentically work through an underlying core issue, it is forever gone. If people are only given coping mechanisms - which happens far too often in traditional treatment - the issue remains. What is trapped inside will not go away on its own; it is there for a reason. We apply love to that hurt and help you work through this issue in a systematic, compassionate, and loving manner. Giving a person the proper tools to handle their own internal affairs is all that is needed to live a more functional life.

## Chapter 3: What Makes Us Different

### *Structured Program, Group Support, and More*

The Clearing takes an entirely different approach to residential treatment. Breaking free of the antiquated models of treatment, we started with a blank piece of paper. We didn't look at what other programs were doing, we didn't look at what insurance would pay for, we focused on what we knew would work.

#### **Sessions and structured program**

Unlike virtually all other traditional treatment programs, we have set up our Program in scheduled sessions, just like school. Our sessions run for 28 continuous days and have a scheduled start and end on the calendar. We run 10 sessions during the calendar year. Groups begin and complete the course together, thereby eliminating interruptions caused by participants coming and going throughout the month. This also allows us to create a cohesive and supportive group. The Program is structured - activities, workshops, counseling sessions, homework - and builds progressively, one day upon another. Continuity is an important part of the process. Mondays through Saturdays are spent in active sessions and alternative therapies. Sundays are a free day – visitors are welcome on Sunday afternoon.

#### **Group process**

Since all Participants begin and end treatment together it creates a cohesive group. We are social beings and because of this much of the Program is conducted in a group setting. Participants quickly learn they are not alone in their suffering and learn to be compassionate and supportive of one another.





## 120 hours of personal counseling

During your time here, you will experience approximately 120 hours of uniquely personal counseling. This is an important differentiation vs. other programs, which typically offer much less, sometimes less than four hours in 28 days. Each person has a specific situation which needs to be addressed individually. We urge you to consider this carefully as you evaluate your treatment options.

## Private & Semi-Private rooms and baths

Most residential treatment centers - even the luxury Malibu variety - require residents to share bed and bathrooms. We've experienced "bunking" with up to 4 to a bedroom and up to 8 sharing a bath. Needless, to say, this gets uncomfortable (and some would say *gross*) very quickly.



This is your time to heal. You need to decompress and have time to yourself after interacting and conducting your work each day. Each cozy room is comfortably furnished with a bed, dresser, lounging chair and desk.

## Nutrition

Hippocrates said it over 2000 years ago and it has never been more relevant and truthful. Food can be used as med-

*"Let food be thy medicine and medicine by they food."*  
- Hippocrates

icine. But with today's heavily processed foods and agribusiness, it's more challenging than ever to know how to make the body healthy and strong to resist physical and emotional illness and support healing. You'll have fun learning how to improve your diet, health, and energy level through a new look at your relationship with food.

We use fresh, unprocessed, organic foods whenever possible and menus are seasonal. No Costco defrost here.

### **Typical day and week**

In a typical day Participants start with a nutritious breakfast, then attend a large group workshop where they learn and practice the tools and skills of Spiritual Psychology. Around 1:00pm, we break for lunch, followed by group therapy and individual therapy. Later in the afternoon we provide time for the alternative therapies. After dinner, Participants have free time to watch a movie, walk the estate, read a book in a relaxing nook or retire to their room.

### **Sundays are for relaxing**

We have an optional Sunday morning hike each Sunday. We are on 43 acres that Participants are free to explore in their free time. We have two trail heads within a mile of our property that cover a large amount of the northwest section of the island.



## Chapter 4: Your Home Away From Home

### *Picturesque beauty on San Juan Island*

Sparkling blue waters. Deep green forests. Breathe in the fresh island air and feel renewed, refreshed, revitalized, relaxed. Welcome to the San Juan Islands! Just a scenic ferry ride from the northwest Washington mainland lies a paradise for the adventurous in spirit.

The San Juan Islands are located about 75 miles from Seattle, WA in the northwest corner of the contiguous United States, between the US mainland and Vancouver Island, British Columbia, Canada. There are 172 islands, some little more than rocks, and over 300 miles of shoreline.



## The Estate

The Clearing is located in a peaceful atmosphere on a 43-acre estate on San Juan Island. This location was selected because it is both remote and accessible, and provides an ideal place to conduct our healing work.

We're home to friendly horses, sheep, alpaca, goats, chickens, cats, dogs and a llama named 'Dolly.' The property includes stables, barns, beautiful grounds, hiking trails, gardens and the residential facility itself, housed in a large historic former bed and breakfast. The facility has 6 private rooms and baths, 2 semi-private rooms and baths, a large family room, dining room, lovely sunroom with a library, a commercial kitchen, and wifi.



## Chapter 5: Program Costs

### *Full Transparency*

#### **Both intimate and premier**

We take a different pricing approach from the rest of the residential treatment industry. It's our intention to be up front and totally transparent about our Program cost.

Our 28 day Program cost is \$45,000. It is both intimate and premier and offers tremendous value. No other program in the country provides our level of treatment at this price. Our price includes either a private or semi-private room, nutritious and appealing meals, and weekend outings. Our all-inclusive pricing is absolutely unique in the industry.

#### **Comparison**

Residential treatment costs vary widely. Residential treatment comes in many different versions, with varying degrees of services, programs, quality, and amenities. Accordingly, residential treatment costs range widely: from free to over \$100,000 per month.

#### **Residential Treatment Costs: \$0 – \$10,000 / month**

Federal, state, and local governments offer free programs as a public service. These programs are generally targeted toward people of modest means, little or no health insurance, and often include a significant number of homeless patients and court referrals. Participants may sleep in bunk beds, share a room and bath with eight to twelve others, and eat cafeteria style with over 50 people. These no or low-cost treatment programs are usually 12-Step programs.



#### **Residential Treatment Costs: \$10,000 – \$20,000 / month**

Private-pay and private insurance-based residential treatment programs start from \$10,000 to \$20,000 per month. These, too, tend to be large, institutional, 12-Step programs that often lower costs by using a small, overburdened, inexperienced staff and

lower-quality accommodations and meals. They often use mental health workers who are less educated or are inexperienced interns. The patients in these programs cover a broad range of the socio-economic scale and will tend to include those avoiding prosecution and/or jail by attending a program. The price looks very attractive but it is important to make sure there is a solid program behind the price that fits the needs of the patient and to understand the population of patients who will be attending.

#### **Residential Treatment Costs: \$20,000 – \$40,000 / month**

Residential treatment programs priced between \$20,000 and \$40,000 per month begin to offer a wider variety of programs. Accommodations and meals improve and the number of total participants will often be smaller. Rooms usually will have multiple occupants and meals will often be cafeteria style. The socio-economic scale of the average participant increases in these programs due to price of the program. The quality of the actual program varies widely so once again it is important to understand the specific details of the program offered. At this price range, expect over 90% of your options to be 12-Steps programs.

#### **Residential Treatment Costs: \$45,000 – \$65,000 / month**

Starting at about \$45,000 per month, residential treatment becomes a different experience. At this price point, more 12 Steps alternatives become available and the quality of the meals should improve. Generally the client can expect to see no more than one roommate per room and there should be more individual attention and program content. If a program is priced within this range and not providing a strong program and accommodations, it is time to look elsewhere.

#### **Residential Treatment Costs: \$65,000 and up / month**

Starting at \$65,000 per month, residential treatment programs generally begin to provide private rooms and baths, individualized programs, and small groups of participants. Though the price is significant, the overriding decision point should still be based on whether the program is comprehensive, thorough and aligned with the particular client.

Many organizations offer great views, hotel-like accommodations, and vacation-like activities, but lack effective and structured programs which are the real key to rehab and recovery. Be sure to dig deep on the program, and ask about measures of success. Of-

tentimes the “hard” stuff (physical building, surroundings, etc.) is easy and the “soft” stuff (program, process, peacefulness, loving environment, ..) is hard. Soft stuff matters the most.

## What's included

We offer a comprehensive package with no hidden costs or fees:

PROGRAM COMPONENT	
Housing for 28 days	<input type="checkbox"/>
Private room & bath, or semi-private room & bath	<input type="checkbox"/>
All meals, beverages, and snacks	<input type="checkbox"/>
Psychological workshops	<input type="checkbox"/>
Group therapy	<input type="checkbox"/>
120 hrs individual counseling	<input type="checkbox"/>
24/7 staffed supervision	<input type="checkbox"/>
Supervised Sunday outings	<input type="checkbox"/>
Psychiatric medical assessments	<input type="checkbox"/>
After Care	<input type="checkbox"/>
Mobile phone	<input type="checkbox"/>
Internet access	<input type="checkbox"/>

## Chapter 6: Making the Decision

### *Just How Much Can 28 Days Change Your Life?*

Our Program is founded on love, compassion, and support. For 28 days, people care for and about you. You won't go through treatment alone; let's get you started on the healing journey. Here are the steps to prepare you for your transformative journey:

1. Call or email us to walk you through the admission process. We're here to help.
2. Prepare to be away for 30 days. Among the things you need to do include paying your bills, putting your affairs in order and securing medication for the time you will be away. We will send you a complete checklist of things to do and items to bring to support your stay with us.
3. When you arrive your luggage and personal belongings will be screened to insure your safety and the safety of others. Please read the "do not bring" list carefully.
4. If you feel you may require detoxification, call us to discuss it and if needed, we will assist you in locating a facility that best suits your needs.
5. Call us to discuss any issue you may have such as allergies, food issues, physical limitations, and anything else that may be an issue for your well-being.

## Chapter 7: Travel & Logistics

### *Getting Here*

You will arrive at SeaTac International Airport where you will be directed to a shuttle which will bring you directly to our facility.

Departing the airport ,you will travel approximately two hours to the ferry landing in the small seaside town of Anacortes, WA. On your journey, you will pass through the stunning city of Seattle and traveling due north see the lush farming valleys nestled at the foothills of the Cascade Mountains.

Arriving in Anacortes, you will board a large, 150-car ferry for the one hour ride to San Juan Island. The ride itself is memorable; explore the upper lounges and café, enjoy the magnificent views of sea and bird life as you wind your way through the many small islands which compose the San Juan Islands.



After approximately one hour you will arrive at picturesque Friday Harbor where you will begin the seven mile ride to The Clearing, meandering down a winding road through rolling hills, forests and quaint farms. Arrive at our warm and welcoming estate; relax, have a snack, meet our staff and explore your home for the next 28 days!



## **Chapter 8: Graduating**

### *Regaining Control of Your Life*

#### **The end of treatment**

At the end of the Program you will be well versed in the art of counseling yourself. You will have demonstrated your expertise in the Spiritual Psychology approach. You will be comfortable using many different psychological approaches, tools, and skills. Day to day problems are more manageable, you'll feel more empowered, hopeful, and excited about your future.

#### **Aftercare**

We have an aftercare program to help you adjust to your everyday life after treatment. We understand after treatment you may need additional support. We are available to support you via phone, email and Skype. In addition, check our website for the dates of our deepening weekend graduate workshops.

The staff will contact you regularly to monitor your progress.

## Conclusion

We put a great deal of effort and love into developing our program. We were all too aware that residential treatment was in dire need of improvements, and we wanted to provide an alternative approach to healing – a holistic one that addressed underlying core issues. When the mind, body, emotions and Spirit are taken into account, transformation is possible. We know everyone is different and this requires an individualized approach. When a holistic approach is utilized, a person has a full tool box of skills from which to choose.

When people learn the basic skills and strategies of Spiritual Psychology, they become, in a very real way, their own counselor. When applying this approach, challenges which naturally occur in everyday life become more manageable.

Everyone starts and finishes our program together. In doing so, a wonderful and cohesive group is formed and everyone greatly benefits from our progressive program and solid foundation.

Thank you for taking the time to read this ebook. As you educate yourself on the available options within the industry, please feel free to contact us with any questions you may have. Give us a call, we're here to help. (425) 275-8600.

