

APEX Recovery Rehab

Innovative & Integrative Addiction Treatment by Design



877.881.2689
San Diego, CA 92116

www.apex.rehab /
4452 Park Blvd. Ste. 301

Our Intensive Outpatient Treatment Program



APEX Rehab is proud to provide outpatient programs. Our outpatient program is based on our integrative model that we offer clients who participate in our inpatient program. Our outpatient programs incorporate daily group therapy, individual psychotherapy, drug, and alcohol counseling, and psychiatry or addiction medicine services. Our program is located in our clinical office located in University Heights. We utilize CBT, DBT, Motivational Interviewing, Coping Skills training and a variety of other didactic and process therapies to help individuals who have already finished a formal in-patient or residential treatment program, are currently sober, and need continuation of care.

- **Group Psychotherapy**
- **DBT & CBT Group Therapy**
- **Coping Skills Group Therapy**
- **Random Drug Testing**
- **Psychiatric Services**
- **Individual Psychotherapy Sessions**
- **Family & Couple Counseling Services**
- **Individual Treatment Planning**

APEX Rehab hand tailors each treatment plan to the individual in our outpatient programs. Treatment coordination and assistance with skillbuilding, referrals for

educational and occupational services, and continued sober housing are a major part of our all-inclusive program. We know that someone who is in recovery needs constant support because every day is a battle, especially in the beginning. Having someone for guidance in the common life problems and challenges has a huge impact on the positive outcome of the recovery process.

What Does Being Mindful Mean?

By: Julianna Wilde HHP- APEX Holistic Practitioner



What does being mindful mean? Have you ever locked your car door, took a few steps away and then wondered did I lock my car or you are driving somewhere and you forget where you were driving to. To be mindful means living in the present moment. If we are not living in the present moment than we are either thinking about the past or living in the future. Hashing up the past, can cause stress, depression and self-loathing, we can't change the past! Living in the future is impossible no one knows what awaits us in the future, fantasizing about it just takes away the enjoyment of our life as it is right now. Here are a few tips to help you stay present in your life and practice being mindful:

- Set daily intentions. Your intentions could be as simple as staying mindful throughout the day. Paying attention to what you are doing when you are doing it and not getting lost in the past or future. In other words, stop living on automatic pilot.
- When you catch yourself thinking about the past or future, say to yourself "This does not serve me, I let go." The more you get into practicing this phrase, you will see that your mind will start to stay in the present moment.
- Before you eat, say a simple blessing of gratitude for your food. Eat slowly to taste your food, the different flavors, textures and aroma. This provides overall satisfaction with your food, helps decrease overeating, and improves digestion.
- Try to set realistic goals for yourself and balance for the day. Include a fun activity everyday that you enjoy.
- Take a break from all technology everyday.

Clinical Director's Column

It's About Time



Written by Dr. Sean House
Clinical Director at APEX Recovery

Perhaps one of the most underappreciated findings in the area of professional psychology research, applied to addictive behaviors, is eminent psychologist Phillip Zimbardo's research on time perspective. In his 2009 book, *The Time Paradox*, Zimbardo describes over a decade of research into the effect that one's perspective of time has on psychological health and behavior. Zimbardo describes 5 common orientations toward time, related to focusing on the past, present, and future. He describes how individuals have relationships with all aspects of time, but tend to focus more on one of the three. The orientations he describes are:

Past-negative: Characterized by bitterness or regret for what was.

Past-positive: Characterized by a sense of nostalgia, and hanging onto the past.

Present-hedonistic: Characterized by pleasure seeking in the moment, and a lack of concern for consequences.

Present-fatalistic: Characterized by a sense of being stuck and unable to effectively improve one's present or future.

Future-focused: Characterized by being goal-oriented, willing to sacrifice present happiness for future success.

Zimbardo's research finds that healthy functioning consists of primarily a future orientation that is willing to make sacrifices, a degree of present hedonism that allows one to enjoy the moment, and an orientation toward the past that is positive in one's remembrances of what has happened. Clinical experience quickly shows that people with addictive behavior problems do not fit this healthy orientation.

Assisting clients with addiction problems can be conceptualized, from this model, as being primarily concerned with helping people to develop a future-focused orientation, and relinquishing a present hedonistic (or fatalistic) orientation, that tends to include a past-negative perspective. In essence, the goal of counseling is to help clients learn to change their impulsive tendencies toward feeling better now (which drug use offers) to accepting feeling worse now, in order to create a better future for themselves. This is not an easy task, as time perspective is a deep-seated philosophical orientation to one's life, often outside of awareness, and created by a wide variety of psychological, social, and cultural factors. But it becomes crucial that people with addictive behavior problems make this shift to a future-focused orientation if they are going to succeed in overcoming their addiction, and developing a more meaningful life. Therapists have their work cut out for them to facilitate this process.

Chef Lauren's Monthly Creation

Ham & Pineapple Fried Rice

Ingredients:

For the Rice:

4 Tbs. olive oil

2 c. day-old jasmine rice



For the Sauce:

¾ c. good quality soy sauce

½ c. rice vinegar

½ c. hoisin

1/3 c. honey

2 Tbs. sriracha (more to taste)

A few drops of sesame oil

2 scallions, sliced on the bias
for garnish

Sesame seeds for garnish

½ c. broccoli florets

1 red bell pepper, sliced into strips

1 green bell pepper, sliced into strips

1 large yellow onion, sliced into strips

2 carrots, peeled and sliced

1 package sugar snap peas

1 small nob fresh ginger, peeled and minced

1 Tbs. minced garlic

1 fresh pineapple, peeled, cored, and diced

1 - 1 ½ c. ham steak, diced

2 eggs, scrambled

Dash of red chili flakes

Directions:

Heat 1 Tbs. olive oil, garlic, and ginger in a sauté pan over medium heat.

Once the garlic and ginger become fragrant, turn the heat to high and add diced ham and diced pineapple and sauté until they start to caramelize, about 10 minutes.

Add vegetables, sauté until they become soft, around 10 minutes.

Add the remaining 3 Tbs of olive oil and rice; sauté over high heat without stirring for 5 minutes, or until rice develops a crispy crust. Flip rice over and repeat.

Meanwhile, combine all ingredients for the sauce in a bowl and leave to the side.

In a separate pan, scramble the eggs and set aside.

Once rice is crispy, pour the sauce over and heat until warmed through.

Gently fold in scrambled eggs.

Serve in a bowl with scallions and sesame seeds for garnish.

**"It is never too late to be what you might
have been"**

T.S. Eliot

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