

APEX Recovery Rehab

Innovative & Integrative Addiction Treatment by Design



877.881.2689
San Diego, CA 92116

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

FALL 2016 Newsletter

We believe the mind, body and spirit are interconnected. Without balance in all three areas, patients will not experience a full recovery. At APEX, we take an integrative approach to treatment; our holistic practices focus on healing the mind through behavioral therapies, treating the body through safe, supervised detoxification and essential nutrition, and recovering the spirit that lives within each and every patient. Where possible, we employ natural therapies and organic ingredients to help aid in the recovery process..



APEX's Magical Networking Dinner



On September 21st, APEX hosted a dinner at Waypoint Public in San Diego. Over 25 professionals in the mental health industry joined us for a magical evening. Ben Silver, an amazing illusionist, was on hand to entertain our guests with his amazing illusions. Dr. Bruhin opened the dinner by teaching the professionals in the audience about APEX and all the wonderful healing that takes place at our facility.

Overall, over 25 professionals attended



and had a wonderful evening networking. Thank you again to our sponsor Gulfstream Diagnostic for helping us to hold this fun and informative dinner. We will definitely make this an annual event.

Clinical Director's Column



Social Anxiety, Self-acceptance, and Addiction

By Dr. Sean House

A common entry into addictive behavior can be found in social anxiety. Alcohol and other drugs provide a change in mood and consciousness that typically reduce self-consciousness. Rather than going into social situations with a sense of self-consciousness/anxiety, an individual may learn to self-medicate with their preferred drug. Even when going for drinks with friends, some people will drink before going (pre-gaming) in order to reduce their anxiety prior to social contact.

For people who come to depend upon alcohol or other drugs for the purpose of managing their social anxiety, it becomes necessary to both reduce the anxiety and manage it in healthier ways. A key task in managing it is understanding it's source. Social anxiety evolves out of a sense of low self-esteem or self-acceptance. Typically, when a person does not think well enough of him or herself, he or she will unconsciously assume that they are not thought well of by others, or that they will somehow act in a way that they are judged negatively. This is a projection onto others of one's own lack of self-acceptance, assuming that others will not accept them either.

Self-acceptance can be increased through cognitive-behavioral therapy which helps people become aware of their negative underlying beliefs, and challenging and replacing them with more self-serving ones that are not so critical. Behaviorally, people can increase their sense of self-acceptance by experiencing acceptance from others through involvement in self-help groups or treatment programs. For some people, these types of settings provide a novel social experience that allows them to feel the support of others, and to feel good about providing support to others, which helps in becoming more comfortable in one's role in social situations.

Chef Lauren's Monthly Creation

Maple Dijon Glazed Chicken Roasted Brown Sugar Butternut Squash Cranberry Couscous

Ingredients:



4 chicken breast,
boneless/skinless/trimmed
1/2 cup Dijon mustard
1/4 cup pure maple syrup
1 medium sized butternut squash,
peeled and cubed
1/4 cup dark brown sugar
2 T Montreal steak seasoning
2 T olive oil, plus 2 T reserved
1/2 cup pecan halves (or pieces)
1 cup dried cranberries
1 cup plain couscous
2 cups water
salt & pepper to taste
2 T pecans, finely chopped

Directions:

Preheat oven to 425

In a large bowl, toss butternut squash cubes with brown sugar, Montreal steak seasoning, pecans, and olive oil. Pour onto baking sheet and bake for 20-25 minutes, stirring occasionally until softened.

While squash is baking, season chicken breast with salt and pepper and set on baking sheet. In a small bowl mix Dijon and maple syrup, then rub sauce on chicken, reserving 1/4 cup for garnish.

Turn oven down to 350 degrees, and bake chicken for 15-20 minutes, depending on size, until juices run clear and a meat thermometer reads 165 degrees. When , chicken is done, cover with foil and let rest for at least 5 minutes before slicing.

In a medium sized pot, bring water and reserved olive oil to a boil. When water comes to a boil, stir in couscous and cranberries. Remove from heat, cover and let sit for 5 minutes or until water is absorbed and couscous is fluffy.

Scoop couscous onto plate, topped with sliced chicken breast, and topped with butternut squash. Garnish with extra sauce and finely chopped pecans.

**"Autumn is a second spring when every leaf
is a flower. "
*Albert Camus***

[Visit our website](#)



[WEBSITE](#)

[PROGRAMS](#)

[RESIDENTIAL](#)

[OUTPATIENT](#)

[CONTACT](#)