



**APEX Recovery Rehab's Corporate & Clinical Offices have moved to a new location!**



**We are now located in Mission Valley right off  
the 8 Interstate and Texas St  
*2810 Camino del Rio S #106  
San Diego, CA 92108***

**APEX Recovery Rehab's Staff**

# Ugly Christmas Sweater Contest Winners!



Happy holidays. The seasons have crossed over into the late fall as we pull out our umbrellas, hats and boots. We have begun the holiday season and started holiday shopping. It is also the season to re-visit unresolved grief. As we gather and plan for thanksgiving dinner, Christmas day, and New Year's eve parties, we evaluate which people we want to see and which ones we don't want to see if we don't have to. In this evaluation of people it is impossible not to remember all the loved ones who have died or been cut off from the family. It is also often stressful to plan family time with members who don't speak to each other.

'Tis the season for grief work and family of origin work. This is the perfect time to

consciously engage in culturally relevant traditions because they help us to focus on these issues. Watching children's performances, attending the midnight mass with grandma, or volunteering with your sponsor to feed the homeless are all opportunities to examine and process these types of feelings. Long phone calls with far away relatives provide new insights on old family feuds and cut-offs. Another excellent way to do "grief work" is through artistic expression. Homemade gifts or stocking stuffers present an opportunity to express emotion directly without diluting it by verbalizing. For many, art or music expression is a more satisfying outlet than traditional talk therapy. Storytelling and passing on wisdom to younger relatives is another way to process and attach meaning to unhappy past events. The act of translating difficult things into language which is appropriate for children can motivate adults to see the wisdom gained from painful childhood trauma. The holidays can be a very difficult time, or they can be an opportunity to continue to grow spiritually and psychologically. We have options.

- **Dianna Hansen, IMFT**



## **Changing Bad Habits for the New Year**

With the year nearing an end and

the new year fast approaching, many of us are determined to change bad habits. Taking steps to lose weight or stop smoking often make the list. Watch [our CEO of APEX Recovery Rehab, Dr. Matthew Bruhin](#), discuss *The Science Behind Changing Bad Habits* on an interview on KPBS.



Click on the thumbnail or link:  
[The Science Behind Changing Bad Habits](#)



## **Marijuana moderation**

*by Dr. Sean House, Ph.d  
APEX Recovery Rehab's Clinical Director*

With the recent passing of Prop 64 in California, the concern arises about increases in marijuana addiction within the state. Debate continues as to whether marijuana is addictive. To my way of thinking, the issue is not whether or not a drug is addictive, but rather the relationship a person has with the drug. From that perspective, relationships with any drug can be problematic or addictive. Addiction is not inherent in the drug, it has to do with each person's relationship with that drug. Similarly, non-drug behavior such as gambling, shopping, gaming, or compulsive overeating can be addictive. So of course marijuana use can result in addiction.

Many people with addictive behavior, whether to marijuana, alcohol, or other drugs, often prefer a goal of moderation, rather than total cessation. As



## **Ginger Carrot Bisque (Low-fat, Vegan)**

*by Lauren Meza  
APEX Recovery Rehab's Culinary Chef*

### **Ingredients:**

2 1/2 lb bag carrots, *peeled* and sliced into 1/4 in. thick rounds  
1 box (32 oz) vegetable stock  
1 1-in. long knob of ginger (1/2 of it minced, the other half roughly chopped in large pieces)  
1 quart coconut milk  
1 T. grapeseed oil  
1 medium onion, diced  
2 T. garlic cloves, minced  
1 T. cumin  
1 T. allspice  
1 t. cinnamon  
Pecan pieces (for garnish)  
Salt & pepper to taste

Place sliced carrots and large

with alcohol, Apex Recovery will work with clients who want to learn to moderate their marijuana use. Goals of moderation tend to be suitable for people who have not developed a strong psychological dependence on their drug of choice. When a person depends on the drug to manage most of their emotional experience in life, it becomes much more difficult to moderate use.

Focusing on moderation goals allow people who are not committed to total abstinence from all use, to see if they can effectively change their use patterns to less potentially harmful use (a harm reduction strategy). When people find that they are not successful at moderating use, particularly after having made a committed effort to do so, they are more likely to become accepting of total abstinence. In these cases, moderation goals act as a pathway to acceptance of abstinence.

pieces of ginger in a large stock pot and cover with vegetable broth. Bring to a rapid boil then cover and reduce heat to medium boil. Cook until carrots are fork tender.

In a sauté pan, heat grapeseed oil, onions, minced ginger, and garlic and cook until translucent. When carrots are tender, drain any excess broth, remove large pieces of ginger, and return to stock pot, off the heat. Add sautéed onion mixture and a cup of the coconut milk; blend with an immersion blender for approximately 10 minutes, or until smooth. (If you do not have an immersion blender, use a regular blender but use a towel over the hole in the lid of the blender to relieve the pressure from the heat and steam). Return to a medium heat, and cook until warmed. Add coconut milk as needed until a smooth, creamy, thick soup consistency is achieved. Add spices, using more or less to taste, and salt and pepper. Serve hot with pecan pieces on top for garnish, if desired.

\*I typically serve this bisque with an apple pecan side salad: Organic spring mix, granny smith apples sliced into thin wedges, candied pecan pieces, and your favorite fat free organic raspberry vinaigrette is the perfect accompaniment to this light and healthy fall meal. Enjoy!



## **APEX Recovery Rehab**

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