



607 Siskiyou Blvd, Ashland, OR 97520 * 541-482-1718 * info@kolpiacounseling.com

Program Overview

Kolpia Counseling is a State certified outpatient counseling center providing individual and group counseling services for the treatment of substance use disorders, services for mandated treatment including driving under the influence of intoxicants (DUI), mental health counseling and integrated recovery groups. Kolpia utilizes a client centered, personalized approach in supporting individuals and their families throughout their treatment.

Mental Health Services

Kolpia provides full mental health assessments utilizing Diagnostic Statistical Manual (DSM-V), service planning, individual and group counseling services by a licensed clinical social worker. Kolpia provides a collaborative approach to treatment for those clients who need both mental health and substance use services.

Substance Use Services: Our substance use services begin with a comprehensive substance use assessment and recommended level of care utilizing the American Society of Addiction Medicine standards and Diagnostic Statistical Manual (DSM-V) criteria. Counselors will discuss with clients the assessment and recommended level of care prior to development of an agreed upon service plan. The level of care determines the kind, amount and frequency of services.

Below is an *approximate* amount of service that is provided within each level of care. Each client will have an individualized service plan prior to engaging in treatment. Counselors will review service plans with clients routinely to support overall success in meeting treatment goals and objectives.

LEVEL 0.5 -- EDUCATION (Usually for DUI Education or Possession Charges)

- Assessment consistent with ASAM standards
- Minimum 90 days clean & sober immediately preceding completion (evidenced by clean UAs)
- 4 UAs
- 8 Weeks of A&D Education Classes
- 3 Individual Counseling Sessions
- Recommended 3 – 12 Step or Community Recovery Support Meetings

LEVEL 1.0 -- OUTPATIENT

- Assessment consistent with ASAM standards
- Minimum 90 days clean & sober immediately preceding completion (evidenced by clean UAs)
- 6 UAs
- 12 Weeks of A&D Education Classes
- 1 additional therapeutic group (weekly)
- 1 IRG Group (weekly)
- 6 Individual Counseling Sessions
- Recommended 6 – 12 Step or Community Recovery Support Meetings

LEVEL 2.0 -- INTENSIVE OUTPATIENT PROGRAM (IOP)

- Assessment consistent with ASAM standards
- Minimum 90 days clean & sober immediately preceding completion (evidenced by clean UAs)



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- 8 UAs
- 12 Weeks of IOP – 4 mornings a week, from 9:00 am – 12:30 pm daily
- 12 Individual Counseling Sessions
- Recommended 8 – 12 Step or Community Recovery Support Meetings
- Prior to conclusion of IOP, recommended transition planning to OutPatient level of care for a minimum of 30 days.

Groups Summary and Evidenced Based Practices

Groups are a primary therapeutic tool within the substance use disorder treatment field. Groups allows for individuals to engage with peers through support, confrontation and affiliation that creates a sense of belonging within a recovery community. Additionally, groups are effective in addressing problems that commonly accompany addiction, such as depression, anxiety, isolation, and shame. The groups provide structure and within the therapeutic culture of treatment, support accountability and continued focus on sobriety.

Kolpia utilizes psychoeducational, skills development, cognitive behavioral, process and expressive group formats. Following is a brief description of Kolpia groups, associated level of care and facilitator(s).

Process Group: The process groups are designed to start with a brief mindfulness/relaxation exercise and provide invitation for reflection and discussion of current issues that support and/or challenge their sobriety. Participants evaluate their progress and goals in context to what they have learned within their treatment groups. .

Level of Care: Intensive Outpatient Program (IOP)-Process groups occur as the first and last groups of the week for IOP level of care.

Facilitators: Larry Silverman, CADC II and Matt Locklin, Certified Alcohol and Drug Counselor I

Seeking Safety Group: Seeking Safety-SAMHSA's National Registry of Evidence-based Programs to assist people in attaining safety from trauma and/or substance use. The treatment is based on five central ideas:

- ❖ Safety as the priority
- ❖ Integrated treatment of PTSD and substance abuse
- ❖ A focus on ideals
- ❖ Content areas of behavioral, interpersonal, and case management
- ❖ Attention to the therapist process.

The concept of safety is interwoven into each unit, with the idea that safety allows for forward movement in the trauma-recovery process. In this case “safety” implies, emotional safety, safety from substances, letting go of unhealthy relationships, and gaining control over symptoms of PTSD and/or traumatic experiences and subsequent emotional dysregulation.



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Level of Care: Intensive Outpatient Program (IOP)

Facilitator: Adrienne Tauses, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor

Mindfulness: Group: Mindfulness Process group is a technique drawn from Mindfulness Based Stress Reduction (MBSR); a treatment created by Jon Kabat Zinn in 1979. It is an awareness that arises through paying attention to thoughts and emotions, on purpose, in the present moment, non-judgmentally. Specifically with individuals struggling with substance use, Mindfulness can be helpful to address difficult thoughts and emotions, and give them less influence over how the individual reacts given new tools, intention, and heightened awareness.

Level of Care: Intensive Outpatient Program (IOP) and Outpatient level of care (OP).

Facilitator: Adrienne Tauses, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor

Emotional Sobriety Group: Anger Management and Emotional Sobriety is an Evidenced Based Addiction Recovery Treatment technique to address the complex transformation a recovering addict makes beyond attaining physical sobriety. Achieving emotional sobriety is developing an ability to feel and cope with emotions, particularly those attached to drug and alcohol use. Those struggling with addiction often ignore their feelings by masking them with drugs or alcohol. Being emotionally sober means getting in touch with your emotions, whether positive or negative, and allowing yourself to feel them. Emotional sobriety touches on two specific pieces of gaining awareness in negative thought patterns and reframing, or “rethinking” of aspects of your life that caused initial imbalance; more specifically how to attend to the emotional side as well as the thoughts and behaviors.

Level of Care: Intensive Outpatient Program (IOP) and Outpatient level of care (OP).

Facilitator: Adrienne Tauses, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor

Guilt, Shame, and Recovery Group: Utilizing the "Connections" Curriculum which has been revised and expanded by MSW, Brene Brown, to help clients recognize and understand shame and shame resilience. This group is designed to address underlying guilt and shame and to assist clients in exploring how the deep rooted shame have impacted them across behavioral, cognitive, and emotional functions. The group learns about healing from shame which requires a safe environment to begin to be vulnerable, express oneself, and receive acceptance and empathy. This leads to participants to be able able to internalize a new [more positive] experience and begin to revise beliefs about oneself. It may require revisiting shame-inducing events or past messages and re-evaluating them from a new perspective.

Level of Care: Intensive Outpatient Program (IOP)

Facilitator: Adrienne Tauses, Licensed Clinical Social Worker, Certified Alcohol and Drug Counselor



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Kolpia Relapse Prevention Group: The focus and curriculum of the Relapse Prevention Group is based on cognitive behavioral therapy, Relational Emotive Behavioral Therapy and the Franklin Reality Model, along with group processing. General topics of the day focus on understanding beliefs and patterns of thought and begin to understand how these affect behavior. Efforts will be made to look at negative core beliefs and relate these beliefs to resulting attitudes and patterns, especially as they relate to substance use. There is a focus on confronting negative core beliefs and working to unwind cognitive distortions and learn skills such as realist self-talk and affirmations to support this process. The intended outcome is to help clients practice newly learned skills to identify and understand various beliefs they hold and learn to balance their thinking to support greater well-being. Related to understanding their beliefs, clients will explore emotional needs and identify emotional needs that they would attempt to satisfy with substance use. Included in this group is identification of relapse triggers and high risk situations as they occur in their day to day life. Use and practice of coping skills to deal with relapse are explored. Finally, clients will work to create and process a relapse prevention plan with new found knowledge and understanding. This will be shared with the group and will focus on balancing emotional needs, identifying relapse warning signs and identifying a plan to address issues before relapse occurs.

Level of Care: This group is provided within the Intensive Outpatient Level of Care Program (IOP) and at a different time available to at Outpatient Level of care (OP). This group is also available to clients participating in the DUII Program based on counselor recommendation.

Facilitator: Matt Locklin, Certified Alcohol and Drug Counselor I

Kolpia Outpatient Family Program: Educating, creating awareness, providing emotional recognition and support to family members/significant others in dealing with the pain and difficulties of substance addiction within families can be instrumental in helping individuals in recovery. Kolpia encourages all clients, family members and supporters to attend. The purpose of the Family Program is to help those in treatment, and the people close to them, to understand how the disease of addiction operates within the family system, and with other significant relationships in the client's life. This is accomplished through group discussion, workshops and education. There will be a rotating curriculum which includes:

- ❖ The Disease of Addiction
- ❖ Relapse Prevention
- ❖ Codependency
- ❖ Communication
- ❖ Mindfulness
- ❖ Family Systems (family roles)
- ❖ Family Systems (family sculptures)
- ❖ Jellinek Chart
- ❖ Jellinek Chart Presentation



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- ❖ What to Expect in Early Recovery
- ❖ Exploring Spirituality in Recovery

Level of Care: Intensive Outpatient Program (IOP); Outpatient level of care (OP) and dependent upon counselor recommendation may be available to those in the DUII program.

Facilitator: *Larry Silverman*, Certified Alcohol and Drug Counselor II

Alcohol and Drug Education: This group educates individuals about substance abuse and teaches them what they need to learn to identify, avoid and eventually master regarding the specific internal states and external circumstances associated with substance abuse. Educational groups include information on drugs and alcohol, the dynamics of dependency and addiction, addiction and tolerance, physiological effects of drugs, disease concept, life areas affected by chemical abuse and HIV/AIDS prevention and implications.

- ❖ “What is Addiction?” -- explores the Disease Concept (includes progression based on Jellinek Chart, weaving in Bio-Psycho-Social aspects of addiction)
- ❖ Denial & Addiction – thinking errors, defense mechanisms, the Triangle of Denial (based on Maslow’s Hierarchy of Needs)
- ❖ Health Risks & Impact – physiological aspects of addiction (for all substances, excluding nicotine)
- ❖ Stages of Change – describing the stages, self-identification within the stage, how Denial impacts ability to see progression
- ❖ Relapse Cycle – relapse prevention based on Gorski’s 11 Steps to Relapse
- ❖ PAWs (Post-Acute Withdrawal Syndrome) – signs, symptoms, and practice of healthy coping skills
- ❖ Family Disease of Addiction – exploring family trees (genograms), predisposition, and/or family roles (based on Claudia Black’s work)
- ❖ Codependency – 14 main characteristics, how enabling perpetuates the process, relationships dynamics as process addiction
- ❖ HIV/Infectious Diseases – unprotected sex, needle sharing, and compromised boundary setting
- ❖ Wellness & Nutrition – how to support healing/recovery by supporting our bodies, exercise (restoring endorphins), and nutrition (reducing cravings)
- ❖ Co-Occurring Disorders – impact of trauma and other mental health challenges on recovery from chemical dependency
- ❖ Mindfulness Practices – using Acceptance Commitment Therapy, DBT, and other skills to help cope with anxiety and other emotional stressors in early recovery



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- ❖ Building a Health Recovery Support System – providing overview of 12 Step program (history), Celebrate Recovery, Buddhist perspective on 12 Steps, and other Community Supports
- ❖ Spirituality & Recovery – separating out religion, exploration of personal values as foundation for sobriety
- ❖ Tobacco Cessation – education on health effects of nicotine addiction

Level of Care: Intensive Outpatient Program (IOP) and Outpatient level of care (OP). This group is also available to individuals in the DUII Program based on Counselor recommendation.

Facilitator: Kolpia Certified Alcohol and Drug Counselors rotate in providing these educational topics.

Art Therapy- Integrated Recovery Group (IRG): This is an expressive group. The art therapy process allows people to create new realities, practice new ideas, and symbolically heal emotional wounds from the past and present. These are certainly issues that often contribute to substance abuse. The art therapy groups at Kolpia maintains a culture of hard work and good humor in the practice of deep personal growth work. Art therapy lends itself well to addiction recovery work because of its safe expressive nature. It is also much more difficult to maintain denial when communicating through personal imagery, rather than in words. The group process with images at Kolpia is a rich reflection of Self from peers that fosters flexibility, understanding and possibility.

Level of Care: Intensive Outpatient Level of Care Program (IOP) and available at a different time to individuals in the Outpatient Level of care (OP) and to those participating in DUII group based on counselor recommendation.

Facilitator: Delaine Due, M.A., ATR-BC, LPC, Board Certified Art Therapist, Licensed Professional Counselor and Certified Alcohol and Drug Counselor in Training.

Yoga Integrated Recovery Therapy- Integrated Recovery Group (IRG)- Provides mindfulness and other mind-body practices for addiction, depression, anxiety, trauma and chronic pain. This class teaches relapse prevention tools and practices for calming and energizing without the use of substances. Participants experience reconnecting with their inner peace and wisdom as well as releasing their physical and emotional pain and suffering. This group is based on a unique self-help program that weaves together recovery themes with Mind/Body practices such as Deep Breathing, Meditation, Mindfulness, Deep Relaxation, Guided Imagery, Yoga, Qi-Gong and more. Participants learn tools that focus the mind, calm the emotions and rejuvenate the body. The program provides the building blocks for developing a personal practice of daily self-care and nurturing on an ongoing basis. Each class focuses on a



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specific theme and includes practices that deepen the understanding of that theme. The themes covered in the twelve week program are:

- ❖ Caring for Self: Engaging Regularly in Mind/Body Practices for Wellness
- ❖ Awakening Awareness: Living in the Present Moment
- ❖ Cultivating Trust and Acceptance: Welcoming Life
- ❖ Living in Balance: Discovering Patience and Calmness while Reducing Stress
- ❖ Practicing Integrity and Honesty: Non-Harming of Self and Others
- ❖ Allowing Forgiveness: Letting Go of the Past
- ❖ Experiencing Natural Self Love: Nurturing Ourselves and Others
- ❖ Setting Intention: Sowing the Seeds of Self Empowerment
- ❖ Observing Our Thoughts: The Key to Transforming Feelings
- ❖ Cultivating a Life of Meaning: Discovering our Unique Abilities
- ❖ Remembering Our True Nature: Letting Go of False Ideas about Ourselves
- ❖ Cultivating Gratitude: Creating Harmony with Ourselves and Other

Level of Care: Outpatient Level of Care and to those participating in DUII program.

Facilitators: Laura Winslow, Registered Yoga teacher since 2007 and a Kolpia Certified Alcohol and Drug Counselor I.

Drumming and Indigenous Perspective to Balance –Integrated Recovery Group

The indigenous teachings will give individuals an opportunity to see the dynamics of their life from a different perspective. Sharing, using the oral tradition, will provide an opportunity to experience speaking and hearing in a different way. Use of the big drum and oral tradition supports individuals in finding balance by building a broader foundation to support recovery.

This can be accomplished by exploring the depth of one's dimensions, specifically which are out of balance, with the hopes of entering community in a grounded fashion. This is an experiential and expressive group that will provide individuals with a safe and positive environment.

The American Journal of Public Health in 2003 published a research review that supports drumming circles as having efficacy as a complementary addiction therapy, particularly for individuals with repeated relapse and when other counseling modalities have failed. As stated in the review, "drumming enhances recovery through enhancing theta-wave production, brain-wave synchronization and inducing relaxation. Drumming produces pleasurable experiences, increased awareness of preconscious dynamics, release of emotional trauma, and reintegration of self. Drumming alleviates self-centeredness, isolation, and alienation, creating a sense of connectedness with self and others. Drumming provides a secular approach to accessing a higher power and applying spiritual perspectives". [Journal List; Am J Public Health v.93\(4\); Apr 2003 PMC1447805 <https://www.ncbi.nlm.nih.gov/pmc/journals/258/>](#)

Level of Care: Outpatient Level of Care and to those participating in DUII program.

Facilitators: Brent Florendo and a Kolpia Certified Alcohol and Drug Counselor I.