

## **About Recovery Coaching Alliance**

Recovery Coaching Alliance has been in operation for 5 years providing online recovery coaching and counseling services to people struggling with addictions (i.e. drug, alcohol, porn, eating, gambling shopping addiction and etc). We utilize the Genesis Recovery Process, which has a 70% success rate in preventing relapse. By using an integration of spiritually based precepts for personal change, cognitive therapy principles, relapse prevention, and the latest neurochemical research, our clients have achieved many years of sobriety. This is all part of our mission to move addicted individuals and their families from Recovery to Discovery through empowerment, self-awareness, purpose, and compassion

## **What is Online Addiction Counseling and Recovery Coaching With Recovery Coaching Alliance**

Recovery is a difficult process for any person. With past mistakes and traumas weighing on you, finding reliable resources from people who understand that it is imperative to your success.

It's true that there is no wrong way to successfully complete a recovery program. Having someone who supports you through the ups and downs while offering forgiveness for your past endeavors is the key to finally living the life you've envisioned. Free from addiction and the hopelessness that you've been so accustomed to is an indescribable feeling.

Recovery Coaching Alliance offers Donation Based online counseling to those battling addiction. As a knowledgeable and experienced team of supporters, we too have overcome addictions that grasped our bodies and minds for years.

Online counseling is another way for you to get the help you need! When you look back on your life, what do you want to see? Today is the day to make that change! It won't be easy but no matter the struggles that lie ahead, certified addiction and recovery counselor's and coaches are here to be the life raft that holds you high above the tides.

If you're skeptical, that's normal. We have seen a 70% success rate with other client's just like you. Client's who have come to us with no hope for themselves or their future are now living the lives they want to look back on years from now.

Regardless of your addiction (i.e. Alcohol, Drugs, Pornography, Gambling, Food and etc), we're prepared to offer you discreet online recovery counseling and coaching via face-to-face

video chat. Tailored to your needs, we will discuss your recovery and help you follow through!

As a non-profit organization, we can offer free counseling through donations provided by generous contributors. It is our passion, and our vision for you, to get you healthy again! Offering new ways to cope and nurturing you through your recovery.

## **Genesis Recovery Process Syllabus**

The Genesis Recovery Process is a robust 20 Week Online (Via Face-to-Face) recovery counseling/coaching process that have 4 main requirements 1.) That you are MOTIVATED for “REAL CHANGE” 2.) That you have abstained from the use of drugs/alcohol for a minimum of 2-3 weeks and 3.) To benefit and succeed with the Genesis Process you have to be willing to be very honest with yourself and others about your addiction. In each process (session), you and your Genesis counselor will review an introductory process and you will be held accountable to do the worksheet exercises before each session. 4.) To see the benefits and “fruits” of your efforts with the Genesis Process you will have to commit and complete all of the 10 Genesis Processes in approximately 20 weeks give or take depending on your personal schedule with work, school, family and etc. Below is the 20 week Syllabus as to what we will be covering with you. This is a very enlightening, successful and fun Process that has a 70% success rate to avoid relapse based on the full completion of the program compared to most other programs that only provide a 20% success rate:

### **Process 1: Assessment (Week #1)**

- Assessment Worksheets
- Counseling Commitment Form
- Release Forms
- Client at a Glance Counseling Form
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### **Introductory Process (Week #2 & 3)**

- Understanding the Basics
- “The Law of Pain”
- Double Bind
- Social Immaturity
- The Problem of Control
- The Secret of Recovery

- Red Dog/Blue Dog Exercise

### **Process 2: False Beliefs (Week #4 & 5)**

- Belief System Worksheet
- Common False Beliefs Worksheet
- Road to The Wound Worksheet

### **Process 3: Identity (Week #6 & 7)**

- Unhealthy Attachments Worksheet
- Dialoguing with God Worksheet

### **Process 4: Life-Management Skills (Week #8 & 9)**

- The FASTER Scale
- Stress Level Scale
- Reach Scale Worksheet
- Anger Logs
- Conflict Resolution Worksheet

### **Process 5: Life History (Week #10 & 11)**

- Chronological Life History Worksheets
- Summarizing Major Events Worksheet
- Forgiveness Lists

### **Process 6: Support Teams (Week #12 & 13)**

- Dangerous Situations Worksheet
- Current Relapse Scenarios Worksheets
- Healthy Intervention Team Worksheet

### **Process 7: Dead Ends (Week #14 & 15)**

- Relapse Calendar Worksheet
- Dead End Scripts Worksheets
- Movie Script Worksheet

### **Process 8: Déjà Vu (Week #16 & 17)**

- Déjà Vu Faster Relapse Worksheet

- **Triggers Worksheet**
- **Double Binds Worksheet**
- **Genesis Road Worksheet**

### **Process 9: Accountability (Week #18 & 19)**

- **Accountability Cards**
- **Mirror Worksheets**
- **Weekly Recovery Program Plan**

### **Process 10: Exodus (Week #20)**

- **Repentance Worksheet and Prayer**
- **Forgiveness Worksheet and Prayer**
- **Generational Wounds Worksheet**
- **Personal and Generational Blessing Worksheet**