

Palmetto Provides A Safe And Tranquil Treatment Environment



Our 70-acre campus is almost completely enclosed by the beautiful Lake Lafourche.

Palmetto Addiction Recovery Center • 86 Palmetto Road, Rayville, LA 71269
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Summer 2014

PALMETTO
ADDICTION RECOVERY CENTER
NEWS

Self-Image & Addiction

Stewart Bedillion, MA, LPC

King Solomon said, “As a man thinks in his heart so is he.” Solomon was simply stating something that I observe everyday working with patients at Palmetto: people generally become what they believe they are. Society refers to this concept as self-image, self-worth, or self-regard. If it is true that people possess a mental image of themselves and that this image becomes the filter by which they see themselves, others and life in general my question becomes what image does this patient have of themselves? What mental image do you have

of yourself? If a person sees themselves primarily as a disappointment, shameful, worthless, not deserving of love, stupid, different, unimportant, defective, or

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Stewart Bedillion, MA, LPC
Spiritual Counselor

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Self-Image & Addiction

Achieving effective addiction treatment through cognitive restructuring of how patients see themselves.

Let’s Celebrate Our Sobriety!

Our Annual Alumni Reunion is coming up so save the date!

Counselor Bio

Mary Clare Scurria

CELEBRATING 20 YEARS OF SERVICE

Self-Image & Addiction

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as an individual with great worth, value, importance, and significance, one can see how these images will have a powerful impact on an individual's life. What a person believes about him/herself to a large extent determines how one feels and therefore determines how one behaves. What does all this have to do with addiction? Plenty!

Many factors are involved in addiction. One of the core underlying factors that I have observed while working with those who are addicted is pain and shame. Once an individual sees themselves as primarily defective in their person, shameful feelings will follow. It is only a matter of time until their behavior follows as well (enter addiction). Mood altering substances become a solution, in people's minds, to numb one's pain, escape

the hurt, feel in control, confident, powerful, sociable, and a host of other similar emotions.

How does one's self-image develop? Social, psychological, situational, and behavioral factors all can and do play a part in how a person perceives themselves. All of us received certain messages about ourselves through our family, school, and the culture at large (social factors). Not only are we influenced by social factors but we also formed our own personal beliefs as we began to grow and develop (psychological or cognitive factors). In addition, what we believed and how we reacted to certain negative events in our lives can have a powerful effect in shaping our sense of self (situational factors).

As the Spiritual Counselor at Palmetto one of my goals is to help

patients change a negative self-image into a positive one through cognitive restructuring.

Many times our patients have developed deeply disturbing messages about themselves during trauma. Mental and emotional healing can come through allowing the patient to return to the disturbing memory, identifying the irrational or false belief (s) and processing this through Theophostic prayer and or EMDR (Eye Movement Desensitization and Reprocessing).

In using the above approaches, as necessary, I have seen some wonderful results. Many times it is after emotional healing takes place a person can then more effectively restructure their thinking from negative thoughts about themselves to positive ones. There is hope!

From Darren's Desk Alumni 2014

With summer now upon us, it is time to start looking ahead to the Annual Alumni Reunion. This year the golf tournament will be held on October 10th at the Black Bear golf course. The shotgun start will be at noon. You can bring your own 4-man team or just show up and we will put you with the other hackers.

We have decided to have a fish fry at The Feed Lot, a local restaurant that has local appeal with many of our alumnus. The gathering will begin at 7 pm and last until 10 pm. This will be a special time for our staff to visit and mingle with our returning guests.

The Alumni Reunion will be Saturday, October 11. The festivities will begin at 10 am and last until 4 pm. As usual, there will be plenty of food, fun and fellowship. We hope to see all of our alumni and their families in October.



Darren Davis, RPh

COO

Alumni Reunion October 10th & 11th

— Friday the 10th —
Golf at Black Bear Golf Club in Delhi
Dinner at Feed Lot in Rayville

— Saturday the 11th —
Registration at 10 am
Festivities begin at 11 am

Counselor Bio: Mary Clare Scurria



Mary Clare Scurria received her Master's Degree from Mississippi State University in Starkville, MS in Mental Health Counseling. She completed a year long internship at Pines and Cady Hill Recovery Center in Columbus, Mississippi.

She is currently pursuing her LPC licensure with the State of Louisiana. Mary Clare joined the Palmetto staff in August of 2013. Her approach to therapy is grounded in Solution-Focused and Cognitive-Behavioral theories.