

Rational Recovery

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Rational Recovery

She is a friendly voice who often answers the Rational Recovery hot line, the editor and producer of many multimedia productions in the AVRT® ToolStore creates educational website resources such as the AVRT quizzes on this page, video photographer for community activities, and moderator for the Rational Recovery Discussion Forums.

Rational Recovery | Welcome to Rational Recovery

Rational Recovery is a commercial vendor of material related to counseling, guidance, and direct instruction for addiction designed as a direct counterpoint to Alcoholics Anonymous (AA) and twelve-step programs. Rational Recovery was founded in 1986 by Jack Trimpey, a California-licensed clinical social worker.

Rational Recovery - Wikipedia

Rational Recovery is similar to AA in that it views lifelong abstinence as the only reliable way to manage this addiction. Rational Recovery Program. The key element of Rational Recovery is Addictive Voice Recognition Technique (AVRT). It is the addictive voice inside the individual's mind that drives them to keep on drinking.

Rational Recovery - Alcohol Rehab

Rational Recovery: The New Cure for Substance Addiction is the definitive guide to Rational Recovery written by Jack Trimpey himself. In the book he outlines his journey to sobriety and presents his aggressive and effective self-help program. Invaluable for those looking for an AA alternative.

Rational Recovery - What Is AVRT? - The Alcoholism Guide

Social worker Jack Trimpey's major breakthrough in recovering from substance addiction is an unprecedented process that is fully explained in Rational Recovery, your first step towards freedom. For those who are looking to make an extreme change in their lives, Rational Recovery is a proven recovery process and accessible instructional guide for all who are dealing with

Rational Recovery: The New Cure for Substance Addiction by ...

Rational Recovery (R.R.) is an abstinence-based addiction recovery program, developed as an alternative to the spiritually centered 12-step model. Rational Recovery Systems, Inc., was founded in 1986 by Jack Trimpey, a recovered alcoholic and licensed clinical social worker based in California.

What Is Rational Recovery? - Harmony Place

Rational Recovery is a program that helps with addiction to drugs and alcohol by providing counseling, guidance and direct instruction to help individuals maintain permanent abstinence from drugs and alcohol. This program provides instruction for self recovery which is a direct counterpoint to the various 12-step programs that focus on spiritual improvement such as Alcoholics Read more →

Rational Recovery - Treatment Guide

I. Rational Recovery. Rational Recovery for alcoholism is a low-cost program.It's available through the internet as well as through books and videos. It uses cognitive therapy to help individuals achieve abstinence permanently.

Rational Recovery for Alcoholism: Free & Effective Help

Rational Recovery is at least partially a response to this. The differences between AA and RR are polar opposites. AA is free, member driven, group centric, and offers spiritual help. RR is an individual effort based on the therapeutic model of cognitive behavioral change, ...

Rational Recovery Vs. AA - 12 Step

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The choice of the name Rational Recovery is a reference to the program's therapeutic foundation in rational emotive therapy (RET; now called rational emotive behavior therapy, REBT), a cognitive behavioral approach developed by Albert Ellis.

SAGE Reference - Rational Recovery

Social worker Jack Trimpey's major breakthrough in recovering from substance addiction is an unprecedented process that is fully explained in Rational Recovery, your first step towards freedom. For those who are looking to make an extreme change in their lives, Rational Recovery is a proven recovery process and accessible instructional guide for all who are dealing with substance addiction.

Rational Recovery: The New Cure for Substance Addiction ...

Christina is correct on the history, though I would add a couple of comments. RR was very much a Jack Trimpey affair and he kept close control of the programme. As the first - and at one time main - alternative to 12 step models may psychologists ...

Whatever happen to Jack Trimpey and the rational recovery ...

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But more than anything, Rational Recovery, combined with being effectively locked up for five months, seems to have done the trick. I think five months allowed my brain to reset and heal itself, making it easier to unlearn the habit, as Marc Lewis would say.

Rational Recovery : recoverywithoutAA

SMART Recovery Meetings are open to the Public (with the exception of those that state Private or Specialized). There is no cost to attend, however a hat is passed for donations. You do not need to contact the facilitator or register prior to attending; you are welcome to just show up (unless there is a note requesting attendees call first).

SMART Recovery® Local Meetings

Taming the Feast Beast: How to Recognize the Voice of Fatness and End Your Struggle with Food Forever [Trimpey, Jack] on Amazon.com. *FREE* shipping on qualifying offers. Taming the Feast Beast: How to Recognize the Voice of Fatness and End Your Struggle with Food Forever