

Addiction Recovery Group

Mondays 6:00-7:15 PM

Meets Weekly - In Person, With Virtual Option, On First and Third Monday of the Month

Addiction is lonely. Recovery is connection. The Addiction Recovery Group is all about connection. Members and facilitator work together to create an atmosphere where each person is valued as an individual and the group is a safe place to be. Being able to learn the basics about addiction, about recovery, and about relapse prevention, to speak freely, feel feelings, make mistakes, celebrate successes, and experience growth, together, makes this group valuable for its members.

The Addiction Recovery Group is the ideal group to build a foundation of recovery that is grounded in evidenced-based practices and is also adaptable for the individual. In the here and now of life, members work on such tasks as acceptance of the need to stop using and stay stopped, managing cravings to use, replacing old routines with new ones, creating a comfortable identity as a recovering person, and maintaining progress made.

Potential members need to be abstinent from alcohol and other addictive drugs and not in need of a higher level of care. They need to be committed to staying abstinent and willing to follow group rules and guidelines. The group facilitator, Chip Abernathy, LPC, will need to meet individually with a potential member before a decision is made about joining the group. This is to make sure the group is the right fit. New members are welcome and appreciated. Group members can continue to work with a referring therapist while being a member. Having individual sessions with Chip Abernathy, LPC is also an option.

Contact Chip Abernathy, LPC, at 770-862-7585 with a call or text. If you prefer email, the address is ca.lpc.62@gmail.com. North Atlanta location photos and practice information including fees and other particulars are available at www.abernathytherapy.com.



Chip Abernathy, LPC has been treating addiction and co-occurring disorders for over 30 years. He has trained extensively with Terry Gorski in relapse prevention therapy and became one of the first Gorski-CENAPS Certified Relapse Prevention Specialists in the country. Prior to now working exclusively in private practice, he worked in treatment programs with adolescents, young adults, adults, and for many years in programs for professionals in the fields of healthcare, aviation, business and law. He is happily married, has two adult children, plays guitar, and studies Asian martial arts. He believes in and practices an individualized approach in addiction treatment that is based in abstinence, improving relationships, and finding joy in living.