

# Relapse Prevention Group

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**Fridays from 12:00pm until 1:15pm**

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

Connection with other people is a big part of how to heal from the effects of addiction. The Relapse Prevention Group provides a valuable way to connect with others and to protect your recovery program. Whatever your previous experience may be, you can learn from it, stay clean and sober, and grow. A very real truth is that any addict, any alcoholic, can stop using, lose the desire to use, and find a new way to live.

This is a group for those alcoholics, those addicts, who are fortunate enough to accept the need to stop using and who want to stay stopped. Terry Gorski, author and leading expert in Relapse Prevention, said, "Recovery is a long-term process that is not easy. Recovery requires total abstinence from alcohol and other drugs, plus active efforts towards personal growth. There are underlying principles that govern the recovery process. The better we understand these principles, the easier it will be for us to recover."

This Relapse Prevention Group is dedicated to helping its members understand and practice these principles.

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](mailto:ca.lpc.62@gmail.com). North Atlanta location photos and practice information including fees and other particulars are available at [www.abernathytherapy.com](http://www.abernathytherapy.com).

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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.