

Help is just a phone call away

If you or someone you know would benefit from our services, call EmPower CTC at
507-292-1379

Our staff will verify your insurance benefits and seek any necessary pre-authorization when you call.

EmPower
CTC
Comprehensive Treatment Center
(a division of Dunatos, Inc.)



DeWitz Plaza
602 11th Avenue NW #300
Rochester, MN 55901
Phone: 507-292-1379
Fax: 507-289-4524
Toll Free: 1-800-582-6002
www.empowerctc.com

Our Philosophy

EmPower CTC will offer a complete range of treatment options helping individuals to become drug and alcohol free. We believe that all individuals, given encouragement and education, are capable of moving toward a more fulfilling life free of self defeating behaviors. In view of this, our services will be psycho-educational in nature; we utilize education, motivational interviewing, encouragement, therapeutic intervention and skill building. We strive to demonstrate a clear belief that each individual can change if they choose to. We further believe that each individual we assist has a unique set of issues to address in their process to be violence free. We strive to match the array of services we offer to the unique individual needs of each person we serve.

What's In A Name??

EmPower...

is the translation of our parent corporation, Dunatos. **Dunatos** is a Greek word meaning to give power to, empower, make able. The professional staff at EmPower CTC are available to help people become ðempoweredö to take control of their life journey.

CTC

stands for ðComprehensive Treatment Center - you are more than just your disease, your diagnosis, your billing code, but a unique individual who can best be helped by treatment that addresses your uniqueness in a ðcomprehensiveö way.

Step Beyond *"The Reality Check"*



We Can Help!

A Cognitive Behavioral Program
at

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*Empowering individuals and families to
effect change and live fulfilled lives.*

“Step Beyond” The Reality Check

This program is cognitive behavioral and is intended to serve those:

- Who are 18 years and over – males and females
- Chemically dependent individuals who have participated in one OR more treatment programs in the past.
- Who report that they have given up on treatment but are willing to participate in this abstinence based program.
- Who have had multiple negative consequences because of their use.



The Program

Step Beyond will typically focus on individual beliefs, traditions, cognitive processing, value systems and overall decision making practices. This individualized, shared experience is based on the client's goals which are essential in their choice to be successful. It is intended to help participants identify alternative methods to their decision making process. It will provide a supportive opportunity to investigate problems that have caused challenges such as impulsivity, avoidance and on-going chemical use.



All clients complete Step Beyond with an enlightened sense of alternative thinking that will challenge their current pattern of decision making with common life problems. Clients will be offered opportunities to find constructive community resources through information and referrals.

Get Involved Today!

Topics commonly addressed are:

- Impulsivity
- Avoidance
- Criminal thinking
- Decision making
- Grief/loss/shame/guilt
- Denial systems
- Self-defeating behaviors
- Addictive thinking
- Stress management
- Cause and effect
- Individual beliefs and values
- Self-restraint
- Life goals
- Self-care patterns

The program will be facilitated by Mike Frisch LADC and will meet once a week for two hours of group. The total program will be 40 hours in length with individual sessions for admission and discharge. Since the client typically served by this program has some knowledge of addiction and mood altering substances the emphasis will be on the cognitive processes that support sobriety. Groups will be held on **Thursday evenings from 5:30 p.m. to 7:30 p.m.**

For Referrals, further information or any questions please contact:

EmPower CTC
At
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