



Patricia M. Pike
Interventionist and Addictions Specialist
LAADC, CADC-II, I.C.A.D.C, BRI- I



Patricia and a happy horse during a recent trip to Annapolis Maryland and Washington D.C. in October, which included a stop at a historic farm in beautiful Maryland horse country

Patricia holds Masters level certifications in Addiction Studies with an LAADC and CADC II - in the state of California, as well as an I.C.A.D.C International Certification, and is a Board Registered Interventionist - BRI I, both in the United States and Canada.

Ms. Pike has had the privilege of working both in Canada and the United States for over two decades in such capacities as: Executive Director, Professional Consultant, Addiction Specialist, Family Interventionist, and Family Coach. She has been in private practice for over 8 years in both the San Francisco Bay Area and Vancouver, British Columbia.

Patricia's experience includes working with all age groups and persons from all walks of life – she has helped thousands of men, women and youths recover from addiction to alcohol and drugs, eating disorders, complex disorders, gambling, and sex addictions.

Ms. Pike draws her skills from her background of; education and studies in the field, professional work experience, and her own personal experience of being in the recovery process for over 21 years.

Patricia holds citizenship in both the U.S. and Canada which gives her a diverse perspective working in both a social health care system, and with the U.S. health system and providers. She has a clear understanding of the resources available in both the United States and the Canadian health and mental healthcare systems.

Patricia is very passionate and hands on with each case, and creates plans that can work for families and /or individuals with the flexibility to fit the needs of both the addicted individual and their family. She has great passion in helping clients and their families get their lives back on track and to live an authentic life of purpose and dignity.

Patti recently attended a dinner in San Francisco hosted by: **Shirley Wantland**, with **Dr. Jerry Learner, M.D.**, Medical Director of **Sierra Tucson**. A great treatment center that is dually licensed as both a Special Hospital and a Behavioral Health Residential Treatment Center. <http://sierratucson.crchealth.com>.

New Contacts and Resources - Patti had a chance to have lunch with **Alice Tanner** from **Bay Area Interventions** - <http://www.bayarea-intervention.com> - and also met with **Doug Casper** of **Shine a Light Recovery Services** <http://shinealightrecovery.com/> great resources for intervention and recovery services in the S.F. Bay Area.

Design for Living - Patti has been building a working relationship with **Dr. Joe Hunter** owner of **Design for Living and Cycles of Change**: <http://cyclesofchangerecovery.com> in the LA area - A women's rehab facility that provides a safe environment where the focus is solely on recovery and preparing for life without the use of drugs or alcohol.

The Altamira Recovery Programs - <http://www.altamirarecovery.com> in beautiful Sausalito, CA has a treatment philosophy that centers on “**brain healthy**” care, as advocated by The American Society of Addiction Medicine. This comprehensive treatment model addresses addiction from every angle, incorporating neurobiological, psychological, social and spiritual aspects to treatment.

The North Bay Recovery Center - <http://northbayrecoverycenter.com> Offers comprehensive addiction treatment provided in a warm yet clinical setting in San Rafael, CA. After Primary Care is completed in the 90-Day addiction treatment program, clients can access additional support and transition services in their extended care program.

WHAT IS ATTACHMENT DISORDER? An attachment disorder is a condition in which individuals have difficulty forming loving, lasting intimate relationships. Attachment disorders vary in severity, but the term usually is reserved for individuals who show a nearly complete lack of ability to be genuinely affectionate or engaged with others and have difficulty with trust.

INTENSIVE ADULT ATTACHMENT THERAPY Healthy attachment behavior is critical in order for any relationship to survive. Children that suffer from early abuse, neglect, loss of a parent because of death or divorce, emotionally distant parents, or shaming parents struggle in their adult relationships. Attachment difficulties are on a continuum of disturbance that range from attachment issues all the way to attachment disorder. Typical adult diagnoses for adults who suffer from attachment difficulties might be borderline personality, histrionic personality, antisocial personality, narcissistic personality, dependent personality, obsessive-compulsive disorder, and other DSM Diagnoses in the Axis II category. Attachment difficulties present as a condition in which individuals have trouble forming loving, lasting intimate relationships. Attachment disorders vary in severity, but the term attachment disorder usually is reserved for individuals who show a nearly complete lack of ability to be genuinely affectionate with others. These people typically fail to develop a normal conscience and do not learn to trust.

Some Common Dynamics of Adult Attachment Problems are as follows:

- ❖ Difficulty handling conflict with other adults. Tendency to deny responsibility for wrong-doing.
- ❖ Extreme control problems, manifested in covertly manipulative or overtly hostile ways.
- ❖ Difficulty showing empathy, remorse, trust, and compassion with others.
- ❖ Lack of the ability to give and receive genuine affection or love - often relating sexual behavior to feelings of acceptance or closeness.
- ❖ Resistant to efforts to nurture or guide them.
- ❖ Lacking cause and effect thinking, especially when around normal thinking.
- ❖ Acting out negatively, provoking anger in others.
- ❖ Lying, stealing, cheating, and/or manipulating.
- ❖ Destructive, cruel, argumentative and/or hostile.
- ❖ Lacking self-control - impulsive.
- ❖ Superficially charming and engaging.
- ❖ Feelings of sadness and fear that are usually protected by angry behavior shown either overtly or covertly.
- ❖ Feelings of isolation and depression.
- ❖ Feelings of frustration and stress.
- ❖ Addictive behavior i.e. substance abuse, sex addiction, work addiction, gambling addiction, etc.
- ❖ Hyper-vigilant behavior, agitation and difficulty concentrating.
- ❖ Confused, puzzled and obsessed with finding answers.
- ❖ Feeling blamed by family, friends, and professionals.
- ❖ Feeling helpless, hopeless, and angry.
- ❖ Feeling that their family's problems are minimized by the helping profession.

What's New and Upcoming – Patricia is excited to be collaborating with colleagues to create “Community Based Case Management and Monitoring Services” in the S.F. Bay Area to address a range of complex patient issues for clients that may not be ready for inpatient treatment.



“A New Day and a New Life is waiting for You”

SERVICES OFFERED

- Family Interventions
- Addiction Specialization
- Family & Client Consultation
- Community Based Case Management
- Family Coaching & Treatment Referrals
- Addiction Assessment
- Travel, Mentoring & Companionship Support

“Across the Border” and “Across Addictions” we will provide a professional, caring and effective “Social Model Approach” for Families in providing Interventions, Family Coaching, and Case Management Services.

“Addiction Specialist & Interventionist”

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