

Holdfast Recovery: A Christian and Neuroscience-Based Approach to Addiction

Understanding Identity, Healing, and
Transformation – We are not
defined as ADDICTS

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Introduction

Holdfast Recovery's Mission:

- We are a faith-based treatment center integrating Christian values with neuroscience.
- Committed to holistic healing: mind, body, and spirit.

Our Approach:

- Addressing addiction as a symptom of deeper pain.
- Avoiding shaming language and labels.



The Image of God

Our Core Belief:

- Every individual is created in God's image and is inherently valuable.

The Impact of Addiction:

- Addiction distorts true identity.
- It leads to shame and self-condemnation.

Restoration:

- Recovery reconnects individuals with their God-given identity.



Understanding Addiction

Neuroscience of Addiction:

- Addiction is driven by trauma primarily which impacts the mind, body, and soul.
- It is not a moral failing.
- Trauma, stress, and pain drive addiction.

The Role of Pain:

- People use substances to numb emotional wounds.
- Healing comes from addressing root causes.



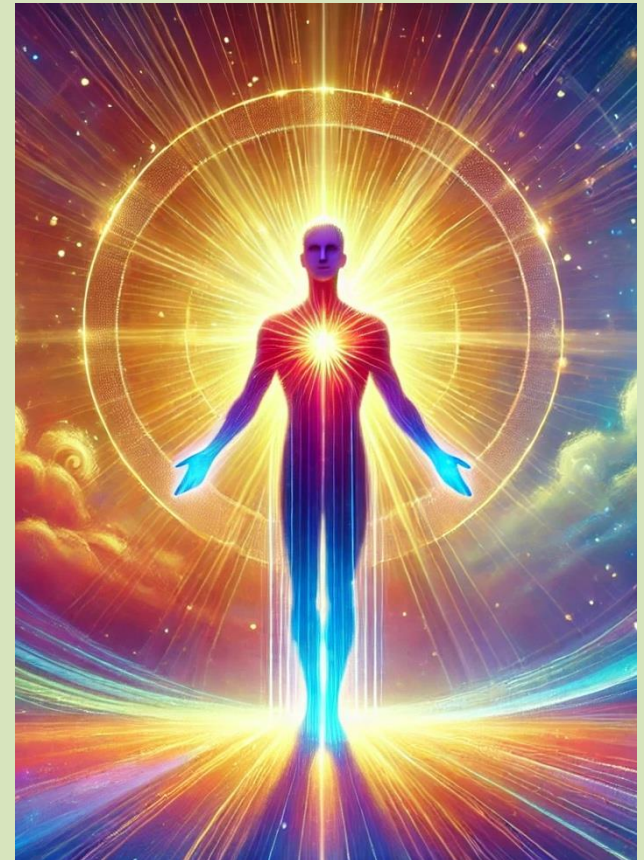
Healthy Identification

Avoiding the Label of "Addict":

- Labels reinforce shame and hopelessness.
- Clients are people struggling with addiction, not "addicts."

A Better Approach:

- Recognizing addiction as treatable.
- Focusing on healing rather than self-condemnation.





Respecting Different Approaches

12-Step Model:

- Acknowledging its value.
- Recognizing different paths to healing.

Holdfast's Perspective:

- Clients can participate in 12-step meetings without adopting the "addict" identity.
- Identity is found in Christ, not addiction.



The Path to Healing

Faith and Neuroscience Together:

- Understanding the brain informs effective treatment.
- A relationship with God provides spiritual strength.

Compassion Over Condemnation:

- Recovery is about healing, not punishment.
- Everyone deserves grace and the opportunity to change.

Conclusion

Key Takeaways:

- Addiction is a response to pain, not an identity.
- Healing comes from addressing root causes.
- Faith and neuroscience together foster transformation.

Final Encouragement:

- You are not your addiction.
- Your identity is in Christ.

Call to Action:

- Engage in recovery with a new perspective.
- Seek healing beyond addiction—rediscover yourself.

