

# Narconon Program Phases

## 0- Drug Free Withdrawal

Drugs such as heroin and alcohol normally come with a considerable amount of physical discomfort when an individual stops taking them. That is why Narconon® conducts a pre-medical evaluation and provides safe 24-hour care, making drug free withdrawal relatively pain free. For severe cases, a medically supervised detox is available to help ease any physical discomfort experienced while withdrawing from drugs or alcohol. Once released from the medical detox, the individual will continue with their drug free withdrawal process at the Narconon location. Each and every individual who enters the Narconon program will be watched over by detox specialists to help insure a relatively pain free withdrawal and to ensure all their emotional needs are met.

This phase of the program is designed to help the individual withdrawal from drugs without having to suffer the usual painful withdrawal symptoms. When an individual takes drugs and alcohol their body becomes depleted of vitamins and minerals. The Narconon program uses specific nutritional compounds to help rebuild the person physically. When a person is withdrawing from drugs and alcohol they are under supervision by a trained specialist at all times. This lasts until both the physical and mental pain completely goes away.

## 1- Narconon TRs Course

The term “TR” stands for training routines. This course is specifically created to help individuals with communication skills. These drills are set up to help the student improve their ability to confront any situation they come across through communication. Individuals who have a problem with drugs or alcohol usually have a hard time communicating with those around them. They often find it hard to talk about subjects they view are unpleasant. Typically, when an addict is forced to confront sensitive issues they withdraw from their friends and family. The TR course has eight different training routines to help with this problem. Students are extroverted by this therapeutic approach which helps them resolve problems with others easily.

## 2- New Life Detoxification Procedure

The New Life Detoxification Program was created in 1978 by Mr. Hubbard. This pioneering innovation uses intense sweating in a dry sauna in combined with lots of fluids and nutritional supplements. This process reduces drug residuals from the addict's body. Residues from drugs can remain in the body for years after they have been taken and it is important that they are removed. These residues can cause drug cravings and depression. This process is a vital step in the rehabilitation process.

The New Life Detoxification program removes the root cause of future physical re-stimulation. Many different types of drugs remain in the body long after the individual has consumed them. These different types of drugs include cocaine, heroin, valium, pcp, amphetamines, crank, crystal meth, methamphetamine, ecstasy, alcohol and medicinal drugs such as narcotic painkillers, tranquilizers, and sleeping pills. As time passes, the residues and metabolites of the above mentioned drugs stay in the fatty tissues of the user. If these residues and metabolites were to remain in the individual, it could hinder their ability to remain drug free once graduating the Narconon program.

The residues left behind from the drugs can cause the individual to experience drug cravings and depression. A key point in successful drug rehabilitation is flushing out the accumulated toxic residues. A protocol of medically supervised exercise in addition to periods of sweating in a dry sauna and nutritional supplements are utilized to rid the fatty tissues of the remaining drug residues. Often times, the results are extremely phenomenal. It leaves the individual with reduced drug cravings, and in many cases, without ANY cravings for drugs at all.

## 3- Learning Improvement Course

The learning improvement course helps students with their ability to learn and comprehend knowledge that is presented to them. In addition, it helps them with overcoming problems they may have had regarding studying and learning. Students learn how to "clear" words from the dictionary, create realistic demonstrations of concepts, and to notice and take care of gradient difficulties. To summarize, this

course helps the students learn how to make the Narconon course part of their daily lives as well as achieve success in any field of study.

## 4a- The Communications and Perception Course

This course is multi-faceted in that it further develops the communication skills necessary to confront and overcome the day to day problems associated with living drug-free. It gives the student the ability to be comfortable and confident within ones self. Drugs are a way for people to escape reality and change the way they feel. When the individual is not on drugs they usually try to ignore or change their feelings. In turn, when the drugs wear off, they are left feeling introverted and worse than before they took the drugs. Also, experiences from their past stay with them, making them feel even worse. This course helps the student focus their attention on the present. At this point their perception of their environment improves as well as their communication with others. The Communications and Perception Course helps students become more “causative” over their lives and their surroundings instead of being affected by it.

## 4b- Objective Exercises

Objective exercises are dynamic therapies that are original to the Narconon program. The purpose is to “un stick” the addict’s attention from events and traumas that can cause them to be obsessed with the past.

Drugs act on a person’s body as a painkiller making them numb to what is going on around them. An addict becomes unable, because of their drug abuse, to be comfortable with everyday emotions and experiences. Since the present is unbearable, they tend to dwell on past sorrows and upsets or to live in a fantasy world of the future. Since the individual is not living in the present mentally, they are unable to control their life. They cannot achieve their goals or have healthy relationships, and do not know how to handle responsibility.

## 5- Ups and Downs in Life Course

This course gives the student the ability to confront all the underlying issues which caused them to begin their drug use, as well as their present problems. They learn to identify social and anti-social characteristics in others as well as themselves. This course makes them capable of recognizing situations that are potentially a source of trouble and their options when confronted with these situations. Students will also be provided with the experience necessary to handle real life situations. This is accomplished by placing them in simulated environments that they might come in contact with in the future.

Often, drug addicts and alcoholics are susceptible to negative influences. In this course, students learn the characteristics of social and anti-social personalities in order to evaluate objectively and choose those people in their lives who need to be avoided. Completing this course enables the individual to evaluate behavioral, constructive, and destructive characteristics. It also provides them with the appropriate methods to handling these people. This is a major part of being able to remain drug-free.

## 6- Personal Values and Integrity Course

Addicts often find that through their addiction they lose their sense of personal integrity. This is because the life style that goes along with addiction is one that almost always involves lying to friends or family, and almost as often involves the commission of illegal acts. As time goes by many addicts find that they never lived any other way. Restoring personal integrity is not just a moral issue; it is a matter of survival. It is a fact that until one can confront and be honest about ones past, a person will be haunted by it. Until these types of misdeeds are dealt with, the addict will continue to be plagued with:

- Unwillingness to communicate
- Withdrawal from family and friends
- Unhandled hostility toward those who try to help him or her
- Feelings of resentment towards authority
- A sense of being uncomfortable around ethical people
- Inability to have stable relationships

There is even such a thing as a “drug personality”. It is a fake personality that is created by drugs and alcohol. Choosing the wrong friends and acquaintances can become something that is destructive and difficult to handle. When an individual

takes drug or alcohol it changes their personality to one that is secretly harboring hostilities and hatred that they did not want to show on the surface. An entire section of the Personal Values and Integrity Course has been developed to handle just this. It goes over how to choose and live with the type of people best suited for long-term survival. It covers how to develop and maintain these relationships, nurturing them to produce what truly is needed and wanted by the recovering addict.

This offers the student an opportunity to clear their conscience of past transgressions and elicit behavior by taking full responsibility for their actions. It provides the student with a code of honor to live by, stresses the importance of being honest in their lives, and the benefits of living in an ethical manner.

The Personal Values and Integrity Course helps restore the student to their basic sense of right and wrong. It provides them the ability to live honestly again. Values and purposes are recovered and strengthened. Students often experience a strong feeling of relief, and a newfound sense of freedom and self-respect because of this course.

## 7- The Changing Conditions in Life Course

Difficult choices arise for everyone at some point in their life. For those who are addicted to drugs the difficult choices they make can be deadly.

This course gives students the exact formulas to evaluate objectively and improve conditions having to do with their self, their family, the groups they belong to, and other areas of life. They learn that any condition can be changed for the better as long as it is handled correctly. On this course, the student takes specific actions to repair the past and present conditions in their life. They are given the tools with which they can continue to improve conditions and situations in the future.

## 8- The Way to Happiness Course

Wouldn't it be wonderful to be handed a "How to Live Life" manual? As nice as this would be, it is not the case. Most of us go through life by trial and error. The Way to Happiness Course helps introduce the student to common sense moral code that they can use in living a new drug and alcohol-free life.

