

About

Torah and the Twelve Steps, Inc is a faith based action oriented program which integrates the spirituality within Torah Judaism with the Twelve Step model to effectively treat the underlying cause of addiction. Our adult male and female program is open to all persons regardless of religious background if any, who would like to experience genuine Biblical teachings while on their spiritual journey. Drugs and alcohol mimic the essential need for a relationship with the Creator through a "pseudospiritual" sense of connection and transcendence, and a false sense of "good" that leads to despair and eventual death. Intimacy with G-d is the only way to fill the existential loneliness felt by the addict, then followed with healthy relationships with the self and others. Self-centeredness is what fuels most problems and without a profound character change the addict will continue to use drugs and alcohol in spite of all consequences, sincere desires to stop, or obvious necessity. They will often suffer a delusional belief or "insanity" that they can handle it "this time." This self destructive pattern can be eradicated only through a spiritual way of life.

FOR MORE INFORMATION CONTACT:

Rabbi Israel Burns MS, RMHCI

305-776-3794

info@torahtwelvesteps.org

www.torahtwelvesteps.org

PROGRAM OUTLINE

PROGRAM MINIMUM OF ONE MONTH, WITH A SUGGESTED 90 DAY COMMITMENT.

It is well documented that in early twelve step recovery groups (1940-50's) when spirituality was the primary focus of treatment after medical detoxification, 75-92% recovery rates were the norm.

Fifteen One-Hour Spiritual Groups weekly, Building healthy relationships while challenging thinking and beliefs to achieve a new perception and moral vision. Over fifty topics related to recovery with the resolution of existential questions.

Two One Hour Individual Spiritual Sessions weekly. In depth exploration of the underlying issues to uproot the core level causes of self destructive behaviors. We then identify strengths and talents.

Family Group/Adult, with spiritual counseling for family members to enhance understanding of the recovery process to assist in strengthening the family unit. We believe each situation needs to be evaluated to determine if the family should be involved at this phase of the healing process.

Interactive classes, with the study of basic Kabbalistic thought and classical texts on ethics to increase in personal character development, in leadership skills and in methods to increase in learning capacity.

Physical Health Education as exercise helps reduce stress and improve the mood.

Vitamin and nutritional supplements, to assist in the cleansing process.

Psychiatrist/Psychologist Torah Observant available upon request as entirely separate "For-Fee service". We are of the conviction that regardless of co-occurring disorders one can recover from addiction through the exact same spiritual process.

Complementary transportation and Introduction to 12-step meetings.

Recovery Coaches, all have over ten years clean with a solid 12 step-background.

Vocational Education with referrals and networking.

Highly structured and supervised sober living halfway house, in Hollywood, FL near "The Second South Beach" with an abundance of shopping and restaurants within walking distance. It is located a mile and a half from the beach. Two house meetings weekly with live in manager on property.



Meditation and Prayer training techniques to increase in concentration and intent for effective prayer and study to increase in spiritual knowledge.

Totals - 25hrs spiritual counseling/and education weekly plus skill related activities and twelve step meetings equals approximately **40 hours weekly**.

COST

Month 1: \$4,800.00

Month 2: \$4,200.00

Month 3: \$4,200.00

Meals not included. Each APARTMENT comes with a full kitchen for your convenience. Grocery Stores and Restaurants are located within minutes. Laundry mat located on premise as well as near by.

Self Pay: Credit/Debit Cards, Check and Cash.

Follow-Up: Torah and The Twelve Steps provides Spiritual-based weekly group meeting for unlimited time period. Included at no cost.

About

Rabbi Israel Burns MS, RMHCI, who has extensively practiced as a therapist for dual-diagnosis, has spent over thirteen years in full-time advanced theological studies both in Miami and Israel. A happily married family man, he holds a Masters Degree in Substance Abuse Counseling from Nova University. Rabbi Burns has been the spiritual director in several leading treatment programs for Substance Abuse and Eating Disorders. His classes on Jewish spirituality and the 12 Steps are well known within the local recovery community. With over twenty-five years of direct intervention in the lives of addicts, Rabbi Israel Burns works intensively with each individual to identify exactly what is needed to initiate and maintain spiritual growth. He will specify the source of past personal attempts and/or treatment failures and provide a precision plan for success within the first week.

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TORAH 12 STEPS

Mission Statement

Torah and the Twelve Steps, Inc is a not for profit corporation (501C3). We are exclusively focused on the recovery process thus eliminating unnecessary costs and any excessive for profit motive. The sanctity of our work takes precedence. Our primary purpose is further outreach through spiritual counseling and education to; provide timeless proven methods for awaking the inner potential, while demonstrating the highest ethical standards.

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"A Spiritual solution open to all which integrates the Wisdom of Judaism with the Twelve Steps to transform the personality, engender healthy relationships and provide real answers."

**INNER ADMISSION
COMPLETE WILLINGNESS
RETURN TO THE SOURCE
REBIRTH OF SOUL
WISDOM
ETERNAL LIFE**

Torah and the Twelve Steps, Inc.

Addiction Recovery Program
with Supervised Housing



TORAH 12 STEPS

The concept that addiction is a relapsing medical condition is often utilized as an excuse for treatment failures. To blame a disease takes away responsibility from the treatment program and the client to correct their mistakes. Relapse is caused by a lack of proper spiritual development and we believe as providers of a spiritual solution we need to teach our clients that their permanent recovery is completely and directly dependent on their commitment to their spiritual program. With this attitude you cannot fail.