



Debbie Bayer MA, LMFT, NCACI

Through my experience working with those in recovery, I know how very hard it can be to make permanent positive change. People coming out of treatment feel intensely confident because they feel so good, maybe for the first time in years. Then life kicks in, and what they experience is not what they expected. Families may make problems worse when their fears take over.

With years of personal experience and professional training, I can help recovering addicts and their families navigate the waters successfully.

My education and certifications include:

- Masters Degree in applied behavioral science/ systems counseling
- Coaching fundamentals mentor coach
- Certified Substance Abuse Counselor
- National Certified Addiction Counselor I
- Advanced Relapse Prevention Specialist
- Licensed Marriage and Family Therapist

Is coaching right for you?

The best way to understand coaching is to experience it in a free 15-minute introductory coaching session. You'll find that it's quite different from therapy: While therapy may focus on the past in order to treat addictions, coaching focuses on building forward movement for people in recovery who are ready to care for themselves in a new way. It's a goal beyond sobriety – a higher level of fulfillment and a better quality of life.

Coaching may be right for you if you want to:

- Identify new dreams for your future
- Receive support and be held accountable
- Attract and sustain authentic relationships
- Work through barriers
- Develop concrete action plans that you can actually carry out
- Heighten meaning and joy in your life
- Explore new ways of being that fit into your post-recovery lifestyle
- Increase your confidence and courage
- Deepen self-awareness
- Stay on track for true, lasting success
- Be inspired and motivated at every step.

Build a life worth staying sober for!

Clients tell me they didn't they didn't know life could be this good – that living without addiction is so rewarding, it's worth staying sober for. With 25 years of recovery myself and 13 years as a therapist helping others recover, I can testify to the joy of life that's out there. And now as a Recovery Life Coach, I have the best job in the world helping clients discover this joy for themselves.

Just coming out of treatment?

Protect your emotional and financial investment in sobriety! Having a coach as your partner in recovery can help you keep your positive momentum and stay motivated. Why struggle to go it alone? An experienced coach – someone who knows the territory – can be there for you, listening and involved, keeping you on track and moving forward.

In recovery?

Your sponsor can help you work the steps and stay sober while I, your Life Coach, help you (and your family) build a life you might not have thought was possible. Addiction shrinks your life, but coaching enlarges it. Recovery coaching gives you a partner who will hold you accountable to decide what you want, go after it, and get it.

"Debbie is a specialist in improving your quality of life. Her listening skills and direct-to-the point (and many times humorous) recommendations help you quickly address your subjects. You depart your meetings with Debbie with useful communication and behavior tools. The results are dramatic and quick. Debbie brings a fresh view and tools to your relationship doorstep. I am grateful to Debbie Bayer every day. She has made a powerful and positive difference in my life experience. I've never been happier, thanks to her." Scott L

Recovery Coaching Packages

I'm here to support you every step along the way as your partner in recovery, with an organized approach that can speed your entry into the "real world."

Phase I Coaching: One Month

This coaching focuses on helping those coming out of treatment stay on track during the initial phase of recovery. I'll support your discharge plan and help you bridge the gap to daily living at home, work, and in relationships.

The Phase I Package includes:

- One 90-minute phone intake session prior to discharge.
- One 60-minute face-to-face or phone session within 48 hours of discharge (when possible)
- Daily 15-minute check-ins (Mon-Sat)
- Weekly group (90 minutes) or individual coaching session (50 minutes)
- One 90-minute family session within one week of discharge if possible.

Fee for Phase I: \$1200 in advance, or \$325 weekly for four weeks.

Phase II Coaching: One Month

Phase II is designed for treatment-center graduates who have completed Phase I and for those currently in a 12-step or other recovery program. Here we start developing your own self-coaching skills, as we support the recovery momentum that you've already achieved. We also address early recovery issues such as stress-management, relationship-enhancement, diet and exercise, spiritual practices and other issues important to you. Here's where you learn how to build a life that's truly worth staying clean and sober for!

The Phase II Package Includes:

- Weekly group coaching sessions (90 minutes) or individual coaching session (50 minutes)
- Daily 15-minute check-ins (Mon-Fri or Tues-Sat)
- One 90-minute family session*

Fee for Phase II: \$950 in advance, or \$262.50 weekly for four weeks.

*I encourage additional family coaching sessions. The fee is \$110 per 50-minutes and is not included in the package price.

Recovery and Beyond

Now that you've built a recovery support system, and are feeling more balanced with initial recovery tools, this phase of coaching builds on the tools you've built so far to support you in creating your vision for the future and bringing it to fruition. It's all about your agenda. And don't worry – we'll get you through the stuck places!

Family/Parenting Coaching

Families, I'm here for you, too – because life really changes when someone you love gets clean and sober! I help you navigate sometimes difficult waters, to build a strong, healthy family unit based on trust and a lifestyle that's drug- and alcohol-free.

Couples Coaching

Recovery means building a new relationship, learning new communication patterns, rebuilding trust, reconnecting with passion, and supporting each other in healthy ways of living. In couples coaching, you'll create a shared vision for your new life together.

Fee: \$110/50-minutes, face-to-face or phone, or \$55/25 minutes by phone.

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LIFE & RECOVERY COACH

Lakeview Center
10512 NE 68th Street Ste. C202
Kirkland, WA 98033
425-822-3425

Please visit my website
www.debbiebayer.com