

← Back



Spring 2014 | Issue #9

## In This Issue

Dave Beck Article

Alumni Reunion...Save the Date!

From Alumni

EMDR Therapy

Ski Retreat Recap

Helping Others

Events Calendar

Guesting

Alumni Facebook

## Goblet of Gratitude

**Dave Beck**

***Director of Experiential Therapies***

Hey Everyone!

I hope this spring weather finds you well and in good spirits. The sun has peeked out for a few days here at Cirque and of course we start rolling up sleeves and wearing shorts to get that elusive sun tan. We overdo it the first day and get that fire engine red burn right out of the gate; just as it should be.



I have had many messages come my way with the theme of gratitude. They have caused me to think and ponder the subject deeply. I heard recently that we should drink from the goblet of gratitude on a regular basis. With these thoughts in mind I was holding my 9-week old grandson. I wondered, just how is it that every cell knows just where to be and what to be in the creation of this precious little soul? While I do not understand how each life sustaining system in our bodies comes to be and how

they work in harmony with each other, I am extremely grateful that they do. I have been thinking about the many talents that people have and how I am blessed by these talents. I don't grow any food at all, yet I have all the food I need. I don't make any clothing, yet I am clothed. I do not build houses, yet my home shelters me. Many are those who have blessed my life. If I stop to think, even for just a few moments, about all the blessings in my life, it becomes overwhelming. We have much for which to be grateful. May we drink deeply from the goblet of gratitude. In addition, before you go to bed tonight let those closest to you know how much you love them and give them a warm and hearty hug.

Head up, shoulders back, chest out!

May you walk with dignity, strength, and humility.

God Bless,

Dave

## 15th Annual Alumni Reunion



Though it's only spring, be sure to make your plans to attend this year's Cirque Lodge Alumni Reunion held September 12th, 13th and 14th. Last year we had a wonderful time catching up with everyone and had our biggest turn out we've ever had. We will provide information as it becomes available regarding: schedule, events and hotel accommodations for those interested in attending. We hope that you will make every effort to come and look forward to seeing you at the reunion!

## From Alumni

### *Barb's Experience After Cirque*



Hello all!

My 1st few months were a bit rough but got back to reality. I stayed focused, went to meetings twice a day, referred back to the 12 steps, and all tools I left Cirque with. I've gotten through the rough roads and still standing strong. I've been attending my 6:45am meeting daily at the Newport yacht club and plugging in additional meetings when I can.

As the ongoing saying goes:  
**"TRUST GOD"**

**"CLEAN HOUSE"**

**"SERVICE OTHERS"**

And thank GOD there is a GOD!!! All the best to us all!

Barb

## EMDR Therapy

***Mishele Walker, C.M.H.C.  
Addiction Counselor***

In 1928, penicillin was discovered by accident and it changed the course of health for the world. In 1990, Francine Shapiro discovered while walking in a park and feeling very upset by a past event, that when she moved her eyes back and forth rapidly, she felt better. She was curious about this so she started asking her friends and family to think of an upsetting event and she would guide their eyes side to side rapidly and they would report that they felt better. It seems such a simple solution that it can't possibly be real but it is. Eye Movement Desensitization and Reprocessing or EMDR was created as she researched the effects of what she had found. EMDR, which has been so well researched, is now recommended as an effective treatment for trauma in the Practice Guidelines of the American Psychiatric Association, and those of the Departments of Defense and Veterans Affairs.



No one knows clearly why it works. My favorite theory is that it imitates the rapid eye movements in REM sleep. During the stage of sleep called REM, the eyes are

moving rapidly side to side and other directions. We are dreaming and the brain is processing the events of our day. That's why we dream sometimes crazy dreams. When a person goes through a traumatic event, they often don't sleep or don't sleep well. It's possible that the brain doesn't get a chance to process those events and the emotions around the event stay stuck in the mind. Even years later, a seemingly neutral event can trigger this ball of emotion and we end up overreacting. During EMDR, we are manually manipulating the eye which imitates REM sleep.

I have experienced many people heal from childhood trauma, traumatic car accidents, sexual abuse, even a child who witnessed a woman being shot in front of her. She was 13 and she was out playing tennis at the tennis courts adjacent to her apartment building and a woman walked up to her and said, "Please let me use your cell phone because my boyfriend is trying to kill me". Just then a man with a rifle came out onto the balcony of the nearby building and shot her dead. This young girl was standing inches away from the woman. She came to my office in such a state of emotional turmoil that she was not sleeping, eating or getting out of bed. In just one session of 1.5 hours, she had completely desensitized the strong emotion around the incident and when she recalled the event, she was able to say "The woman is happy in heaven" After that, her mother reported that she returned to the normal, functioning child she used to be.

The healing I have personally seen is impressive! It's rapidly becoming the most used therapy for healing trauma. What in the past, took years of talk therapy can now be healed in less than 10 sessions; usually much less. I feel grateful for EMDR as I help people deal with events that may be hindering their recovery at Cirque Lodge. If you suffer from Post-Traumatic Stress Syndrome, PTSD, I encourage you to try just one session and see what happens for you.

## Ski Retreat Recap

**Chris Rueckert**  
**Alumni Director**



We had a great weekend in Sundance for the Annual Ski Retreat this year! It was way more entertaining than the Super Bowl! There was a great group of alumni who were able to join us. We all had a fun and memorable weekend on the mountain. Friday night we went tubing at Soldier Hollow and then had a great dinner at Tarahumara in Midway. The private room was so full we will definitely need to make different arrangements for next year! On Saturday the day began with a 12-step meeting at Blackbird Cabin led by Gary Fisher. Our head chef Brittany cooked an amazing breakfast, lunch and

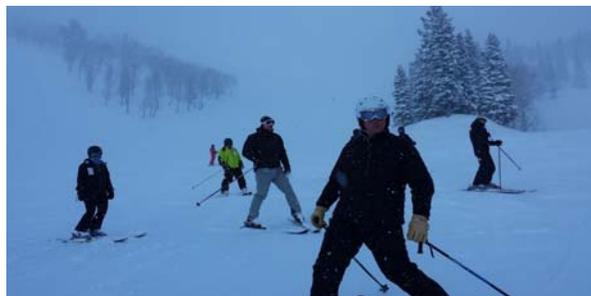


dinner and basically took care of us all day as we went skiing or snowboarding at Sundance Ski Resort. Saturday evening after dinner was a special time as everyone had an opportunity to share what they were grateful for. It turned into a powerful moment listening to everyone talk about life and recovery. On Sunday morning we capped off the weekend with brunch at the Foundry Grill at Sundance. Sundance has an amazing brunch buffet and it was fun to have one last conversation, pictures and goodbyes as we ended an amazing weekend. We can't wait for the ski retreat again next year and we hope you'll be able to join us!

Thank you to everyone who continually volunteers to be alumni contacts for residents as they are returning home. We will continue to try to help current residents connect with alumni near their home town as they are returning home. Please continue to use the alumni Facebook page! It is a great way for our alumni to connect no matter where they are in the world. The amount of alumni support on this private page has been remarkable. Thank you for continuing to check in and support this Facebook page. Finally, I want to remind everyone to come back and guest! It's a great experience for you as well as the current residents who are here.



Have a great spring! Get outside and start enjoying the beautiful surroundings wherever you are. We hope to see at the 15th Annual Alumni Reunion this year. Make sure to save the date for September 12 - 14 on your calendar. We hope to see you then!



## Helping Others

**Keith Fierman**  
**Director of Family Support and Public Relations**

When first getting out of treatment we are feeling good. We also start noticing others that might have problems. The best way to help at first is let them see what you are doing for your



recovery. When you feel it might be time to approach the person I would strongly suggest calling Cirque and let me or someone walk you through the best way to approach a friend or loved one. A common mistake is asking or telling them that they have a problem.



A much healthier approach is to:

1. Call Cirque Lodge
2. When talking to someone keep it in yourself.

**Examples:** I find myself worrying about you.  
I get scared seeing the path you're on.

They can't argue as much when you're talking about your own feelings.

Again we are happy to walk you through the best ways to speak to a loved one or connect you with a qualified Interventionist if needed. I've done hundreds of interventions all over the world.

Feel free to call me on my cell Keith Fierman 205-533-2489



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## Calendar

*Be sure to check the alumni calendar for upcoming events*

March 2014		April 2014			May 2014	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Al-anon Meeting C.A. Meeting	3 C.M.A. Meeting	4 A.A. Meeting	5 N.A. Meeting
6 N.A. Meeting A.A. Meeting	7 Continuing Care (Utah Alumni) 12 & 12 Meeting	8	9 Al-anon Meeting C.A. Meeting	10 C.M.A. Meeting Alumni Meeting (Southern California Alumni)	11 A.A. Meeting	12 N.A. Meeting
13 N.A. Meeting A.A. Meeting	14 Continuing Care (Utah Alumni) 12 & 12 Meeting	15	16 Al-anon Meeting C.A. Meeting	17 C.M.A. Meeting	18 A.A. Meeting	19 N.A. Meeting
20 N.A. Meeting	21 Continuing Care (Utah Alumni) 12 & 12 Meeting	22	23 Al-anon Meeting C.A. Meeting	24 C.M.A. Meeting	25 A.A. Meeting	26 N.A. Meeting
27 N.A. Meeting	28 Continuing Care (Utah Alumni) 12 & 12 Meeting	29	30 C.A. Meeting Al-anon Meeting			

## Guesting

The Guesting Privilege is a chance to return to the facility and stay with us for up to 96-hours. During the 4 days of Guesting, alumni get the opportunity to refocus their efforts on a sober life. It typically occurs at the facility where you received treatment. This is a lifetime privilege for those alumni who have maintained abstinence. Again the caveat is that you haven't relapsed (used or drank). This program was originally setup to help those who were struggling with their sobriety, however as mentioned above it has been accessed usually by alumni



who are doing well. It is a way to stay connected with the Cirque program and to share our experience, strength and hope with the newcomer.

The Guesting Privilege is based

upon room availability, and must be approved by our clinical and admissions staff. To guest in our facility alumni must submit to a drug and alcohol screen upon admission. Once again this privilege is available for those who have remained free of drugs and alcohol.

## Alumni Facebook

The purpose of this group is to help alumni through their journey of recovery and to stay connected to Cirque Lodge. This is a private group where only alumni of Cirque Lodge are members. The alumni director is the administrator and will post alumni events and opportunities to connect. We hope this group will unite alumni all over the world.

How to Join the Private Alumni Facebook Page!

1. Log in to [www.facebook.com](http://www.facebook.com)
2. You will need to create a profile if you do not already have one.
3. Send a friend request to "Al Clodge"
4. I will then add you to the Cirque Lodge Alumni Group
5. This group is completely voluntary and you can leave any time



The 'private' Facebook group is ONLY for Cirque Lodge Alumni! This is a way for alumni to communicate with Cirque Lodge and other alumni on Facebook, while still allowing you your anonymity to the rest of the Facebook world. The only people that will see you as a member of this group are alumni who are already members themselves.

So I've created the pseudonym Al Clodge from Orem, UT. (aka. Al[umni]C[irque] lodge). I am the administrator for "AL Clodge" and have to approve all friend requests. You can click on the following link [www.facebook.com/alclodge](http://www.facebook.com/alclodge) and 'add friend'. I will then add you to the Cirque Alumni Group which is a "secret group". A secret group on Facebook is a group that cannot be found in searches, and non-members can't see anything about the group, including its name and member list. The name of the group will not display on the profiles (timelines) of members. To join a secret group, you need to be added by a member of the group. When non-friends are in the same group as you, this does not allow them to see any more of your profile (timeline) information than your privacy settings allow.

## Contact Cirque Lodge

Chris Rueckert is the Alumni Director at Cirque Lodge.

Contact Chris:  
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