

Treating Doctor

Dr. Reznik is a board certified family physician, Assistant Professor at OHSU department of Family Medicine, with experience in addiction medicine. His interest in the use of mental techniques for healing has led him to additional training and certification from The American Institute for Mental Imagery (a post-graduate training center in New York City).

The *FREE yourself* Group program is not a substitute for a regular medical examination.

Cost

THE CLASS IS FREE OF CHARGE

**Oleg I. Reznik, M.D.
Board Certified Family
Physician
Certified by The American
Institute for Mental Imagery**

**Oleg I. Reznik, M.D.
8083 S.E. 13th Ave, Suite 3 (13th and
Tacoma)
Portland, Oregon 97202
Tuesdays: 5:00—6:30 PM**

**If interested, call to confirm that the group
is meeting and show up.
Tel: 503-314-5003**

FREE yourself from dependence on drugs, medications, substances, and addictive behaviors Group Class



Painting by Joanne Koenig-Macko

This group activity applies 12-step process, mental imagery and other spiritually-based practices to find freedom from various types of addiction and dependence, in a medically supervised setting.

Tel: 503-314-5003



Oleg I. Reznik, M.D.

- Addicted to illicit drugs?
- Dependent on pain medications?
- On anxiety medications?
- On any substance?
- Imprisoned by chronic pain?
- By anxiety and panic?
- By painful memories of the past?
- By addictive behaviors like overeating and compulsions?
- Having one of the above, what do you have in common with all of the above?
- To one degree or another you are enslaved to the substance or behavior that provides a temporary

relief of your suffering and a temporary way out of the unbearable.

This way, however, instead of freedom brings further enslavement and increases dependence. It destroys lives consuming physical and mental health, social and family relationships. Dependence on substances increases human suffering.

A supportive group with a common intention of becoming free from dependence and addiction can be of great help.

FREE yourself Group Class

is a program for people wishing to be free from addiction and dependence, and regain health by turning “our will and our lives over to the care of God as we understand Him. »

What is Required for Attendance? A non-judgmental and supportive attitude toward others, nothing else.

The apparent differences between the varied types of addictions and dependences, the differences of socio-economic status and level of education, are unimportant.

All addiction and dependence has in common a plight of enslavement and suffering coupled with an attempt to flee from the suffering by means of a substance.

What can you expect during these group visits?

An exploration of the 12-step process of Alcoholics Anonymous;

Mental Imagery—a type of short mental exercises that facilitate experiential and not merely intellectual understanding of liberating ideas.

Spiritually-based ideas of Dr Robert Rhondell Gibson introduced as a way of finding freedom by

means of spiritual devotion. (The ideas are non-denominational and will not conflict but strengthen any spiritual practice).

This program does not exclude persons who may consider themselves agnostic or atheist, for whom the supportive group environment may offer what they could not find alone.

In the course of supportive group work we address stress, emotional and mental instability, social difficulties, management of triggers and cravings, a different approach to pain and human suffering, other aspects related to gaining greater freedom.

Guided group mental imagery exercises and group discussions will be followed by supportive sharing of experiences of the participants.

I encourage your attendance regardless of what happens with your medication or substance use, regardless of success or failure of your addictive or compulsive behavior, so you could have a continued opportunity to be supported.

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