



THE FREEDOM FROM ALCOHOL GUIDE

BY MICHAEL PEARLMAN M.D.

From the Desk of Michael Pearlman, M.D.



Welcome to “The FreedomFromAlcohol Method Guide”

Introduction

Your decision to download information about my **FreedomFromAlcohol Method** of treatment is a sound and prudent move on your part. The simple fact that you are investigating your options to control your drinking, or help a loved one, shows you have courage and good judgment.

Before you begin, and if you have not already done so, you may want to take our **FreedomFromAlcohol Method [Screening Test](#)**. The test is based on the Alcohol Use Disorders Identification Test (AUDIT), developed by the World Health Organization to screen for harmful or hazardous drinking patterns. This test will give you a quick and simple evaluation of whether or not you or someone you know is in trouble with alcohol. It will help to determine just how risky your current level of alcohol consumption is, and make suggestions on seeking treatment.

Not every one is willing or needing to take the more standard routes for alcohol treatment such as an in-patient rehabilitation program or social support groups like A.A. Perhaps their drinking has not reached the state where these options are necessary to transform their drinking habits. **The FreedomFromAlcohol Method (FFAM)** is a confidential, one on one alternative more suited for many people in treating their particular drinking problem.

Here's Why:

There are many reasons a program such as this could be your alternative. Individual circumstances related to privacy, employment, family and friends,

even current health can play a part in choosing a personal approach to gaining freedom from alcohol. If confidentiality is a concern for you then the **FFAM** program has been designed for you. Private one on one counseling, the personalized evaluation, prescription medication treatment and monitoring are exactly what certain people need to achieve their specific point of drinking moderation. If privacy and confidentiality is imperative to your decision to seek treatment then **The FreedomFromAlcohol Method** would be an excellent choice based on hundreds of our client's successfully attaining their new life goals along with their freedom from alcohol dependence.

My name is Dr. Michael Pearlman, and I have been where you are now and truly understand how you are feeling and what your motivation may well be.

The FreedomFromAlcohol Method is a proven solution for modifying your drinking habits or if you wish, complete cessation from alcohol. The **FFAM's** successful application on hundreds of our patients has demonstrated its value time and again.

We Know It Works

Beyond our own experience with this method, there is solid clinical evidence that clearly supports the **FFAM's** approach. Through a combination of anti-craving medications such as naltrexone, baclofen and/or acamprosate among others (including OTC supplements), along with coaching and counseling, we can help you moderate your drinking.

About Michael Pearlman M.D.

- Board-certified psychiatrist in private practice the past 25 years
- Specialized in treatment of addictions and personal mastery coaching since completing training at Harvard University's McLean Hospital.
- Serving more than 15 years as a Harvard Medical School Faculty member
- Served as Medical Director of Addiction Programs at Arbour Hospital in Boston
- Medical Director of Charles River Hospital in Wellesley, Massachusetts
- Medical Director of ContrAl America, a program dedicated to the treatment of alcohol craving.

My Own Drinking Story

I was in my third year of medical school when I realized that I was drinking too much. I was drinking every night to sedate myself, shut down my racing mind and put myself to sleep. Eventually, I was asked to leave medical school. I sought psychotherapy and returned to school, setting a course to

become a psychiatrist. I guess I consider that a “physician, heal thyself” decision. For the next 15 years, I was able to drink with some control. But then my drinking progressively increased and once again was causing me to lose control.

Shortly after that, I had an epiphany. One day, while resting, I had a dream that I was climbing Jacob’s ladder. In the same way that Jacob saw a ladder leading from earth to heaven in a vision; my dream showed me there was a solution, a more inspiring way to deal with what I perceived to be my “wound,” or the problem of my drinking. I went into recovery and immediately saw that my drinking was a product of my necessity to hold on to my own ideas and judgments about life. My compulsion to drink left me when I realized I wanted to be free and unencumbered of my own self, of my beliefs and perceptions. The last time I took a drink was on December 1, 1986.

When I say that I wanted to be free of who I was, I mean that understanding what excessive drinking was doing to me, my concerns shifted from being who I was personally and professionally to gaining clarity to see how my life would be if it was the way I really wanted it to be. My alcohol dependence and the pain it caused me were blocking me from attaining a truly meaningful life.

By seeing and surrendering my own barriers and handling my own problems, I found myself energized to help others in a spiritual and psychological way. I’ve always wanted to help others heal. Over the years, my professional experiences taught me how a combination of drug therapy and coaching can help others mend their wounds and design their lives.

In 2000, I formalized my learning and created the **FreedomFromAlcohol Method**, a way for people to control their drinking and design their lives for success—at their own pace and in an environment of their choosing. Since then, I’ve worked with more than 500 people.

The FreedomFromAlcohol Method is designed for those people who are willing to take charge of their lives and their destinies. My mission is to help you work through the program, being there for you every step of the way. If you will allow me, I will guide you through the process and channel your determination to deal directly with your drinking problem. I will steer you through any confusion and uncertainty you may have to help you heal and learn about what’s causing your issues with alcohol and, most importantly, help you to create the success you want in life!

How My Experience Can Work For You

I’ve dedicated my entire professional life to understanding and treating alcohol addiction. I’ve suffered the same losses, personal strife, physical and emotional pain that every problem drinker will experience either now or most

assuredly in the future. This has made it very easy for me to empathize with my clients and help them determine their best course of treatment.

You will not feel the need to sugar coat your discussions with me or think twice about what you disclose. On the contrary, I will be able to relate to you on a more enhanced level as you tackle your problem drinking, and we will work together toward your goal of leading a more manageable and healthy life. It will literally be like having a sympathetic, yet very knowledgeable friend coaching you through a distressing time in your life. You will feel comfortable with me because I understand your anxiety and uneasiness, having lived through it myself.

The Three Phases of the FreedomFromAlcohol Method

A combination of three phases make up the **FreedomFromAlcohol Method**, and all three are essential to your long term objective, which is to have a more manageable life that is not controlled by your drinking. The three phases of the program are commenced in a way that mirrors your commitment to the goals you've set as part of the program. In order to achieve these goals, you need to work on the following: Healing, Learning and Creating. Let's expand on these points:

Healing – Evaluation and Treatment

The first phase in the **FreedomFromAlcohol Method (FFAM)** is the healing or evaluation and education phase. Here we will assess your drinking habits and where you are at with controlling your craving for alcohol. Once we have an understanding of where you are physically with your drinking, together you and I will determine which medication and treatment will be most effective for you through the healing process. We'll design a custom program that offers the best possible chance for success.

This stage includes prescription medication, monitoring and treatment with medications such as naltrexone, baclofen and Campral among others and evaluating their effectiveness.

We will find the medication combination that works for you. Medications are meant to assist in controlling your alcohol cravings and are all FDA approved. From the outset, your medication treatment is monitored and adjustments are made accordingly.

Vital to your treatment, Consultative Coaching is done in conjunction with medication. This double focused approach is a **critical** combination, treating the mind and the body. Your long term success in controlling your excessive drinking is much greater when the program is followed precisely. There are no short cuts. At the same time, we monitor your progress in terms of the other two phases of the **FFAM** program.

Seeing the Connection

The first time I contacted Dr. Pearlman, I was really down and out. It took some time to find the right medication, but the combination of the medication and therapy has been wonderful. It's freed me up to help me learn how I can separate myself from my drinking. I no longer have to drink to shut my mind down. I don't have freedom from my issues yet, but I'm now beginning to see the connection between drinking less and being able to design my life.

It's really coming together for me now. I've been drinking less and the coaching is helping free me from the problematic mental activity I used to go through. I'm learning that things are O.K. as they are and that I can free myself. I feel very strongly about the work I'm doing with Dr. Pearlman and about the direction our work is taking me.

Comment By: G.M.

Learning — Identifying and Understanding Your Patterns

In order to successfully control your excessive drinking, it's important to recognize the issues, certain insights and stressors that have contributed to your unnatural craving for alcohol and that which foreshadowed your problem drinking. The need to numb ones self with alcohol doesn't just happen by accident. There are always reasons for excessive drinking. Knowing and understanding what makes you require alcohol rather than just enjoying - a drink, if that is your choice - is vital.

One of the tools used in the **FFAM** is The Drinking Diary©. This is a very practical guide and software program designed to assist you in identifying patterns and habits which may bring some conflict into your life and by recognizing them, you can confront the issues and resolve them. This proprietary software will assist you in detailing your progress and maintaining an online dialogue with me that will enable us both to monitor your improvement.

The information you compile will offer a unique perspective of your life in general (even beyond the issue of drinking) and ultimately understanding these patterns and their related causes, gives you greater control over your life. This aspect of the program, based on gaining control of your life, represents an opportunity for healing, hope and motivation. All wonderful by-products of living a life free from the burden of alcohol.

Leaps and Bounds from Where I Was

As far as being aware of my patterns, I'm leaps and bounds from where I was six months ago. It's been an epiphany for me - that's the perfect word. Understanding of what's behind my drinking - thinking about how I feel and responding to certain overwhelming feelings - was like a light bulb going on. I'm a goal-oriented person, and I've found that I can be more proactive about defining my goals when I can identify those patterns.

On another level, setting yourself up with the tools you need to identify those patterns puts you in a position to catch yourself before you fall into those habits. When I use all the tools available to me, I feel like I'm successful. And at those times when I feel like throwing everything out the window, I remember all the work I've done to get to those good feelings and what the "good" feels like. It would be easy if there were just a magic pill, but having the tools at my disposal will help me get where I want to be. Dr. Pearlman's been a real conduit, helping me put all the tools together to begin to realize my goals. I'm a much happier person for being in this program.

Comment By: W.K.

Creating — Designing Your Life for Success

Wouldn't it be wonderful if you could live your life exactly the way you wanted it to be? The third phase of the **FreedomFromAlcohol Method** is designed to help you do precisely that.

Optimizing your life for success, clarifying what is important to you, what your goals and objectives are, and how you can attain these targets is the primary reason for The Focus Journal©

The Focus Journal© is yet another effective tool for helping you see, create and reach your highest potential now that your physical body is freeing itself from the overall harmful affects of excessive drinking. You're returning to the person your family and friends loved and respected before the excessive drinking took control of your life. The time is right to start focusing on your emotional health and The Focus Journal© will help center your thoughts so you can custom-design the sort of life to this point you only dreamed of.

Every other form of alcohol treatment recommends or combines some form of ongoing emotional/mental support for the recovering alcoholic or problem drinker. **Imagine the advantage of having your own personal life coaching expert** who's available when needed to give you the solid grounding and guidance necessary to maintain your focus and continue living your life the way you planned it.

Monitoring your progress and keeping you aligned with your goals, the third phase of the **FFAM** may just be **the most important** of the three phases of treatment because it involves how you will manage your life unencumbered by your dependence on alcohol.

As far as personalized and confidential treatment options go you simply can't come any closer to your ideal preference. I never really thought I had a problem, I just thought I was having a good time. I felt that I could socialize and relax without having some drinks in me. However, I never knew when to stop and would end up drinking too much and wake up the next morning with what I referred to as 'the demons.' They are the voices in your head that are constantly reminding you of all the dumb things you did or said the night before. I finally realized I had had enough and this needed to stop.

I've noticed a huge difference in my drinking behavior with the medication. I don't feel like I need to keep drinking while I'm out. I can have one or two and feel totally comfortable. What was also great is I kept a diary of when I drank, the setting I was in and how I was feeling during that time. It was from this diary that I realized that I drank most when in a large social situation. I also found out that the reason I drank so much is because I felt it loosened me up and I opened up more and had more to say. Without the alcohol I felt I was a boring person. I now realize this is not true. I'm able to go out and have one or two drinks if I'd like, and sometime I choose to have none at all. I'm very social and wake up the next day feeling great about myself and my behavior the night before.

Dr. Pearlman was very helpful throughout this whole experience and helped me realize that it was more than just the alcohol. I'm now dealing with the underlying problem and I don't need to turn to alcohol for help.

Comment By: M.E.

The FreedomFromAlcohol Method – An Overview

The FreedomFromAlcohol Method of treatment is available via two options.

The first is available for those who are able to schedule, at a minimum, an Initial Evaluation and Consultation visit at my office in Framingham MA.

The second program available is the Remote Coaching Program and is designed for those unable to visit and/or choose to work with their local physician. This is an Internet based program, and clients are monitored electronically through email and telephone.

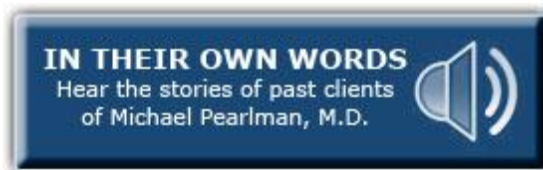
Both options are proven successes and the basis of the treatment remains virtually the same for both.

Before anyone should consider treatment, whether it's personalized like the **FFAM**, in-patient rehabilitation or Alcoholics Anonymous, there is a certain mind set that an individual must have entering into it.

The most successful people in recovery or drinking modification programs are those who are highly motivated and are truly seeking a change in their lives. People who have a strong constitution and take responsibility for their own lives and behavior have the optimum chance of accomplishing a dramatic life change.

With that said, lets take a look at the sort of individuals who have triumphed over their drinking problems using the **FreedomFromAlcohol Method**.

Our patients and clients have fully functional, successful lives and are result-oriented. These are people who would otherwise seem to be ambitious and motivated, but for the problem alcohol is creating in their life. I help them visualize and realize the results they want and how they would like their health, relationships and their life in general to be. These people will grasp all three phases of the **FreedomFromAlcohol Method** and turn their participation into yet another achievement in their lives.



The FreedomFromAlcohol Method – Programs

In-Person Private Treatment and Coaching Method includes the following:

- **In-Person Medical Evaluation:** After an initial visit with me, follow-up sessions may be held by telephone.
- **All Medication Prescriptions:** Monitoring/ Adjustment of Medication if and when necessary over the next several sessions.
- **Unlimited Email Support**
- **Brief 5-10 Minute Phone Calls Between Sessions:** I encourage you to call and I believe "the only dumb call is the one you don't make". I'm as committed to your treatment as you are, so don't hesitate to contact me.

- **Life Coaching:** 6 Coaching Sessions up to 1 hour each. Sessions after the initial meeting may be held by phone for your convenience. These meetings are **critical** to a successful outcome to the program. Any future sessions beyond the 6 sessions included in the package will be billed at \$250.00 per session and can be arranged at any time.
- **FFA Forum Access:** The **FFAM** online forum located at: www.freedomfromalcohol.com/forum will give you the opportunity to ask questions ANYTIME and converse anonymously with other problem drinkers for support.
- **Program Documents** as required.
- **The Focus Journal©**
- **The Drinking Diary© Software:** This is a new Internet based feature that will make it very easy to maintain contact with me as well as documenting your progress in an effective and effortless way.
- **FFAM Recovery Restoration Package – Valued at over \$200** You will receive a free credit of one or more months supply of our OTC Vitamin and Supplement package:

These are specifically used for their reported results in controlling alcohol cravings, withdrawal symptoms and allowing for a more comfortable reduction in alcohol consumption.

PLUS you'll receive:

The 'Conscious Creation' CD from Wendi Friesen – This CD will jump-start your day with a positive attitude, ready to create what you want.

The Secret (Unabridged, 4-CD Set) by Rhonda Byrne and Contributors - It's motivational messages, offer hope, support and a plan - for you to achieve whatever you want in your life.

As necessary, equivalent product substitutions may be made.

Our all inclusive treatment package is priced at \$1,995, and comes with the resources listed in our Treatment Program Outline above.

In addition to the initial and follow-up sessions, I strongly encourage telephone and e-mail contact, which is included in the fees. The total cost of the program depends on the amount of time needed to address any resistance to the process. Generally, I've found that optimal treatment spans anywhere from 5 to 10 additional follow-up sessions over several months.

The Internet Based Remote Coaching Method

- Over The Counter Medication and Prescription Information: I will be delighted to work in consultation with your personal medical professional to arrange for your prescription medication. You will be provided with natural herbal supplements and vitamins that have been proven effective in curtailing the craving for alcohol. My consultative coaching still applies in combination with these herbal supplements.
- Unlimited Email Support
- Brief 5-10 Minute Phone Calls Between Sessions: I encourage you to call and I believe "the only dumb call is the one you don't make". I am as committed to your treatment as you are, so don't hesitate to contact me.
- Life Coaching: 5 Coaching Sessions up to 1 hour each via telephone. These meetings are critical to the successful outcome of the program. Any future sessions beyond the 5 sessions included in the package will be billed at \$250.00 per session and can be arranged at any time.
- FFA Forum Access: The FFAM online forum located at: www.freedomfromalcohol.com/forum will give you the opportunity to ask questions ANYTIME and converse anonymously with other problem drinkers both recovering and active.
- Program Documents as required
- The Focus Journal©
- The Drinking Diary© Software: A new Internet based feature that will make it very easy to maintain contact with me, as well as documenting your progress in an effortless way.
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- It's motivational messages, offer hope, support and a plan - for you to achieve whatever you want in your life.

As necessary, equivalent product substitutions may be made.

This program, also priced at \$1,995 is payable via credit card, prior to the start of treatment. My Internet based program is designed for clients who are unable to visit our Boston offices.

In this case, The [FreedomFromAlcohol Method program](#) and support are available electronically via the internet, telephone and e-mail. Our Internet based Remote Coaching Method provides easy-to-follow instructions, along with information for your physician, who is supported in treating you using our technology. It also includes all the materials and resources listed in our Treatment Program Outline above.

Further follow-up telephone consultations beyond those indicated above are billed at \$250.00 each. These additional consultations, scheduled follow-up meetings or telephone consultations support progress and dramatically increase your chance for success with all aspects of the program.

In Conclusion

Ultimately, **The FreedomFromAlcohol Method's** objective is to help you achieve the success you desire and to understand and recognize its profound benefits. A great deal of research and experience with many patients over the past years has been invested into fine tuning this program to help people overcome their ever increasing compulsion to drink alcohol. Time and time again we see the gratifying results in our clients. Their successful transformations are both humbling and exciting.

Understanding where you are right now in your search for freedom from alcohol compels me to say that it's to your great advantage to take the next step and arrange an appointment to discuss your situation. The descent into alcohol addiction is a very slippery slope and indeed a very dangerous one. You need to follow through with your search for answers to your many questions and continue the brave path you have started on.

As much as regaining control of your drinking will mean to your family and friends, it will mean **so much more** to you personally. You will be able to be the person you've always wanted to be or perhaps return to being the person you were once happy with. By choosing to participate in either of the **FreedomFromAlcohol Method** programs one thing is certain, you will be a healthier person who's capable of reaching their highest potential, than if you continue to allow alcohol to steal away from you everything that is good about your life. Take back the control, call me now.

**To Speak With Me Personally Call:
1-866-285-3400 toll-free or 1-(617)-620-2230**

A Personal Thank You

I appreciate your taking the time to learn more about the **FreedomFromAlcohol Method** and what our clients have to say about the way it works in their lives. If you want to take control of your life and begin designing it around your goals, you should seriously consider my program as the right choice for you.

I can help you deal with the fears, anxieties and underlying issues that are keeping you from having the kind of life that you truly desire. Let me help you discover and enjoy the success that you know you are capable of achieving.

I can help you manage your problem drinking or abstain altogether so you can discover, appreciate and make the most of your journey through life.

**To speak with Dr. Pearlman directly call:
1-866 285-3400 Toll Free
Or (617) 620-2230
Or click here and complete and submit our
APPOINTMENT FORM**

"It is in your moments of decision that your destiny is shaped."

- Anthony Robbins



**The
FreedomFromAlcohol
Method**

A Service Provided by: **Michael Pearlman M.D.**
Pearlman Therapeutics

- The FreedomFromAlcohol Guide -
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