

DR. Explains Why Drug and Alcohol Treatment Centers Do Not Work in the U.S.

There has been a growing epidemic of drug and alcohol deaths; however, America has more drug and alcohol treatment centers in any other time history. [Knack Media](#) discusses with Dr. Robert R. Kutzner his new promotion of multidisciplinary approach to pain and addiction.

Orange County, California ([PRWEB](#)) March 13, 2017 -- After Knack Media interviewed dozens doctors that specialize in addiction medicine the company found Dr. Robert R. Kutzner was one of the most educated in addiction, and has personal experience on this growing epidemic. He was trained as an anesthesiologist and possesses personal experience in addiction. Dr. Robert R. Kutzner is not only be respected by his peers in the medical community, but loved and trusted by his patient's. His integrity and sincere desire to not only help but solve the addiction problem by creating awareness in his life time is commendable. The doctor is making a new push for an Integrated Multidisciplinary Approach to address addiction treatment.

While Knack Media sat down with Dr. Kutzner, our reporter couldn't help but describe his presence as that of Marlin Brando's character (Colonel Walter E. Kurtz) in the movie "Apocalypse Now."

Laura Norris asked; "Dr. Kutzner share with me the passion behind your mission and what makes you an authority on this topic?" Dr. Kutzner replied "Well my mother was a blackjack dealer in Vegas with her own issues, to the point that the State took me away as a toddler. I was placed in an orphanage then passed between foster homes. I was abused. I was abandoned. As a teenager my creativity was drawn to the free drugs and sex associated with the hippie movement. Soon after, I found myself facing the Judge and choosing Vietnam over jail. Returning from Vietnam at age 21 I got married to my sweetheart had two boys, graduated from UCSD Cum Laude with a double major (Microbiology and Philosophy) and double minor, finished Keck USC School of Medicine , and became Professor of Medicine at LA County/USC Medical Center, all under the age of 30. I gained all these accolades and achievements which helped keep me busy enough to not face the unresolved issues that I had. I learned that I could quiet these monsters that were haunting me and still function with drugs and alcohol in these important roles in my life. At 40 years old, on top of the world of medical success, little did I know that all my degrees, combat experience, and accomplishments was no match for the battle I was facing with addiction. It turned me inside out and affected those I loved most, in ways I could not take back. I was left looking in the mirror, at a man I didn't recognize. "I was a Christian, I was a Doctor, and I was a drug addict facing a prison sentence for threatening someone with a gun... What happened? What was wrong with me? This doesn't make sense. As the gavel dropped for a 5 years prison sentence on me the Judge said, "I haven't seen a man fall so far from grace".

"I achieved all of these things and couldn't conquer the beast within. Was I the beast? I lost my wife, my boys respect, my medical license and my freedom. Prison gives you a lot of time to think and reflect... That's why they call it a penitentiary, for penitence. I needed to find reality and figure it all out. I wanted to find redemption. Obviously I failed and certainly didn't want to try to fix myself with the same two hands that destroyed me. I couldn't fix my biology, my body; I was being cared for medically in prison. They made me go to a psychologist to work on my issues. All that was left was the possibility of Spirit. Did I have one? Was it real? If it was then obviously there was some "Big Spirit in the Sky". Do we, or don't we, have a Soul, a Spirit? I made it my personal quest to find out. I wanted my life back, to be fixed. Maybe, someday, learn enough to help prevent others from going through the same."

"In jail my remorse cried out at least once a day for the first 16 months. I passed my time by reading the Bible cover to cover every 2 or 3 months until the bible fell apart and I was able to get another. Once I got settled in prison I started going to 12 Step Meetings, volunteering at the Chapel, and studying addiction psychology. With the help of 9 other convicts we studied, compiled, and established a prison recovery program that handled nearly 1,000 inmates every 12 months. That program continues to run to this day."

"If You Can Look Up, You Can Get Up..." "It was God that healed me and fueled my desire to help those in bondage. I decided to follow God and addiction medicine. It sounds so corny but it is true."

So Dr. Kutzner did you find your Answer? Asked Laura Norris, "Consider this; Sadness lets us know when we've lost something important to us. Addiction is doing something repeatedly that you know hurts you. It is not initially a physical disease. It is an expression of a severe and prolonged form of sadness where the loss is one of self-worth and hope. This is a spiritual loss. When you get back to realizing that you were created on purpose for a purpose, you gain back that spirit of worth and hope you lost. From here you have the foundation to understand your addiction and re-establish your moral foundation, secure your faith, and deepen your trust."

"What individuals are missing, is acknowledging that the behavior of addiction does not proceed from the substance but instead from an underlying spiritual loss".

"People already know that Addictions underlying bio, psycho, and social problems have lead patients to lose hope and self esteem, or sense of self-worth, so much so that they do not care if they hurt themselves or others. But where do we find "self-worth and hope"? Do they not reside in our Spirit? Call it Soul if you need to. Concept is important here, not semantics'. Isn't it obvious that our sense of self lies in our Spirit? What about hope, morality, love, courage, will and choice, to name a few. Don't these attributes lie in our Spirit? If not, then pass me a bottle of that Hope along with a dash of Self-Esteem, sounds ridiculous, because it is."

"Whether it is politically correct or not, whether you like the words chosen to convey the concept, the fact remains. Your sense of self-worth and hope proceeds from what we have referred to throughout history as our Spirit. Understanding and establishing your spirituality will promote your sense of self-worth and give you hope. In doing so, depression and anxiety will fade along with the rewards received from your addiction. Your substance of abuse will lose its flavor/taboo. From here patients are positioned to address the biological, psychological, and social (spiritual) aspects behind their addictive behavior."

Evidence for an Integrated Multidisciplinary Approach to Pain and Addiction Medicine was established in the late 80's. Why, for God's sake, doesn't the medical community get it!? In general, all I see is corruption, greed, abuse, and misuse by the insurance carriers, physicians, and patients alike. It confounds me how evil, or stupid, our world has become. Wake up, look around and see that our country is losing our spirituality and experiencing the consequences of it." Dr. Kutzner is open to elaborating on this topic @ (949) 903-1803 or email: rk@oxford-guild.com

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