



Dr. Dan Callahan

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"MAN UP, ALREADY!"
GROWTH CONFERENCE

Change!

Education:

Doctorate: Tulane University School of Social Work

Masters: Fordham University School of Social Welfare

BS: Stony Brook University (SUNY)

Associates: Russell Sage College (Jr. College of Albany)



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"Come forward and join hands with us in this great work for the Creator."

--Traditional Circle of Elders, NORTHERN CHEYENNE

Vocational Accomplishments:

Books:

"Recovery Thinking, 90-days to Change Your Life."

"Freedom Recovery, 90-Days to Recover!"

"Success-Full Living, Recovery Mode"

Software:

Co-founder of ZenCharts, LLC, "Make Peace with Paperwork," a behavioral health software suite.

Co-founder of Pentester, LLC, a cyber security software and penetration testing company.

Co-founder of AutoNotes, LLC an AI driven clinical notes tool.

Treatment Programs:

- Founder of The Last Resort PA, Inc (TLRPa) private treatment for adults with alcohol use disorder (AUD) in the Republic of Panama, Central America.
- Founder of Solutions Recovery Center (SRC), a licensed private substance use disorder (SUD) treatment facility in Coconut Creek, Florida.
- Founder of Inspirations at Solutions Recovery Center, a private substance use disorder (SUD) treatment facility for females.
- Founder of SouthWest Florida Therapy and Counseling Center, a private practice counseling center for adults.



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Change, Not Now, Right Now...

Overcoming Adversity:

I'm on a journey to constantly improve, and want to inspire others to do the same. -John Puritz

Change is not linear... Never Give Up!

Linear, exponential, bell shaped, logarithmic growth

In reality, growth curves are a combination of different types of curves.



Change, Not Now, Right Now...

Overcoming Adversity:

Life is meant to be enjoyed and not endured. Jack Jackson

What is adversity?

Self Imposed Adversity and Circumstantial Adversity:

Alcohol or other drug misuse...

- Vocational
- Educational
- Insolvency
- Infidelity
- Divorce

Name some others



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Make Your Parents Proud!

-John Addison

Recognition of an unacceptable issue in our lives:

The Four Pillars; Integrity, Humility, Authenticity, & Morality

Living in Congruence = Joy

The Railroad: Significant Emotional Events (SEEs)

The Tracks

The Stations

The Destination(s)

Contradictions: Our minds search for meaning in everything, so our justifier begins to play games on us...



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Change, Not Now, Right Now...

Change:

Transtheoretical Model of Change (Prochaska & DiClemente)

People change **voluntarily** only when:

They become **interested** in or concerned about the need for change.

They become **convinced** that the change is in their best interest or will benefit them more than cost them.

They organize a **plan of action** that they are **committed** to implementing.

They **take the actions** that are necessary to make the change and sustain the change.



Change, Not Now, Right Now...

Stages of Change:

Precontemplation,
Contemplation,
Preparation/determination,
Action,
Maintenance,
Backsliding...



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Change, Not Now, Right Now...

Stages of Change:

Precontemplation

Contemplation



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Stages of Change:

Preparation/Determination: *What areas do I focus on? 7 Fs; Faith, Family, Friends, Fitness, Finance, Firm (Biz or vocation) and Fun...*

The Decision to Change:

Decide comes from the Latin *decidere*, a combination of two words: *de* = 'OFF' +; *caedere* = 'CUT.'
CUT + OFF.

Decision

Commit,

Congruence,

Action (2 types).



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Change, Not Now, Right Now...

Stages of Change:

Action

Maintenance



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Change, Not Now, Right Now...

Stages of Change:

Backsliding

Three steps forward, one step back...

Persistence

Winning

It's Never Over, Till it's Over!

Jacob Marino & Jack Jackson



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[**Pentester.com**](http://Pentester.com)

[**SWFCounseling.com**](http://SWFCounseling.com)

[**HappyRecovery.com**](http://HappyRecovery.com)

[**AutoNotes.ai**](http://AutoNotes.ai)



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