

To register for AVRT: The Course,

call 530-621-2667.

(VISA/MC/AmEx WELCOME).

### LIMITED REGISTRATION

AVRT: The Course, \$2,600

Family members, significant others, \$1,000 each

A \$500 non-refundable deposit is required to secure each person's seat.

**For this special event,  
plan the following extras:**

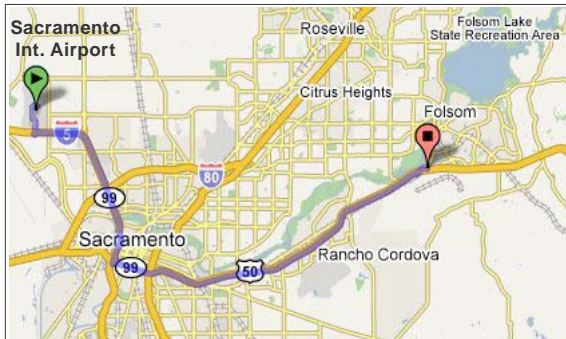
• **Lodging, meals.**

(We will provide information on local hotels, inns, and restaurants.)

• **Transportation.**

(Airport shuttles, taxis, and rental cars.)

If you are coming from out of the area, make your travel arrangements early.



Wherever mentioned, Rational Recovery®, Addictive Voice Recognition Technique® (AVRT®), and Beas® are proprietary service marks registered with the United States Patent and Trademark Office and owned by Rational Recovery Systems, Inc.

The first session of AVRT: The Course begins at 9:00 AM, Monday morning, at the Hilton Garden Inn in Folsom CA. We strongly recommend that you arrive at Sacramento International Airport on Sunday, in time to get checked into your room and attend a welcoming reception from 5:00 PM to 6:00 PM. That will allow you to get fully registered for AVRT: The Course, get acquainted with other participants, and hear some opening remarks by Jack and Lois Trimpey. Old Folsom is a restored site of historic interest. Nearby points of interest include South Lake Tahoe, Reno, and San Francisco.

*"I've given my family the gift of zero-tolerance in the family and we all feel very good about that. AVRT: The Course was the best experience of our lives. David S., M.D., Ohio"*

*"I am finally free from my addiction, which I thought was impossible, based on years of meetings and several failed treatment programs. I got my life back!" Mark H., California*

*"Sitting in on the Course was better than marriage counseling. I hadn't understood the harm AA was doing. It was driving him crazy and ruining us. — Alyse C. (Spouse)"*

*"Jack isn't bragging when he claims perfect pitch for the AV. But now I have perfect pitch for my own Addictive Voice. I only wish I had known about AVRT® many years ago. — John B., Iowa"*

Rational Recovery®, Box 800, Lotus CA 95651  
530-621-2667 – <http://www.rational.org>

# Rational Recovery®

## Addictive Voice Recognition Technique®

### AVRT: The Course

for Individuals  
and Their Families

When: May 19 - 22, 2008

Who: RR Founder, Jack Trimpey

What: Four days of direct instruction leading to secure, permanent abstinence.

Where: Hilton Garden Inn, Folsom CA

Purpose: Secure abstinence from alcohol and other drugs, within the time allotted.

*Conducted by Rational Recovery® founder, Jack Trimpey*

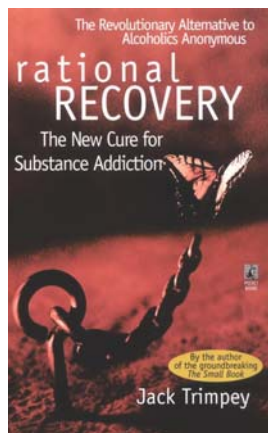


## What is AVRT®?

Addictive Voice Recognition Technique® (AVRT®) is a piercing insight into the nature of addiction and the nature of recovery that allows complete, prompt recovery from serious addictions to alcohol and other drugs. By learning to *recognize* the Addictive Voice as your inner enemy, you become free from its influence. AVRT® dismisses the disease concept of addiction as a prime example of the Addictive Voice, identifies recovery groups as a prime cause of insecurity, and offers strong encouragement for self-recovery. RR believes in you, and in your ability to self-recover during your stay in California.

**AVRT: The Course** is 4 days of direct instruction on AVRT®, conducted by Jack Trimpey, leading to full recovery from addiction *within the time allotted*. The family is central to AVRT-based recovery. A family member is invited to sit in on the fourth day of instruction, in order to ask questions and gain insight into AVRT® recovery. *With prior approval, a spouse or significant other, addicted or not, may attend all four days, at a reduced fee.* This will add

deeper understanding of the implications of AVRT® for the family. The course content of AVRT: The Course is always the same, based upon the groundbreaking book, *Rational Recovery: The New Cure for Substance Addiction*.



*Textbook included.*

## Getting Ready

Your goals are to (1) completely recover from your substance addiction, (2) defeat recovery group disorders, and (3) build a foundation for human relationships based upon zero-tolerance for any further use of alcohol and other drugs.

The format is very simple. You are a student in a class on the subject of AVRT®. You are responsible to ask all questions needed for clarification and understanding. You will learn specific AVRT® skills and apply them to yourself. You will establish an irrevocable personal commitment to lifetime abstinence. Significant others present will learn the true nature of addiction and recovery, and gain intimate knowledge of how AVRT® works. You must be detoxed from alcohol, other non-prescribed drugs, Antabuse, and Naltrexone.

## Family Reconciliation

Although many families may live together for many years under the cloud of addiction, no family can *survive* addiction. Addiction destroys the family's bonds of love and trust. By reconciliation, we mean an eventual return of trust based upon guaranteed abstinence from alcohol and other drugs. Of particular interest to couples is how addiction defeats marital relations by addiction, and how to revive romance squelched by years of neglect.

Families may explore reconciliation based upon guarantee of total abstinence by the addicted partner. Practical matters such as what to tell the children, how to disengage from AA/NA and AI-Anon, and the politics of abstinence in the family are fully explored.

## The Curriculum:

- The Structural Model of Addiction.
- Addiction's pleasure principle, i.e., the "Beast."
- The *real* cause of addiction, the Addictive Voice, once recognized, becomes disabled.
- Understanding the family, a true survival unit, in the context of addiction, a bogus survival drive.
- Aggressive listening, "shifting." Seeing through the eyes of addiction, and through your own.
- How to change your feelings toward alcohol or drugs, *at will*, in the presence of the substance.
- The Big Plan of RR, the moment of truth.
- The AVRT Matrix
- Unlearning the steps of AA, one step at a time.
- Disengaging from AA/NA, AI-Anon.
- Achieving perfect confidence to abstain.
- Accepting responsibility for mistrust.
- Your family relationships, without the disease defense. Recognizing the irritable Beast.
- The moral burden of addiction/recovery.
- Complex Beast strategies. Mingling of Beasts.
- Life after recovery. Family pride.

AVRT is not a form of addiction treatment, counseling, or therapy, and contains no psychological advice, spiritual guidance, or religious instruction. You will be asked no personal questions; the only record of your attendance will be a cancelled check or credit card transaction. We keep no other records.

## Other Addictions

While it is not a panacea, AVRT® has direct applications with good outcomes with overeating, sexual error, gambling, compulsive stealing, compulsive spending/shopping, and other habitual misconduct.