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February 16th 2009: The Secret Of Turning "Early" Into "Long Term" Recovery: High Dignity, Low Drama"

Patrick Babcock, 42, originally from New York City, moved to Portland, Maine in 2000, and is currently enjoying over 13 years of continued sobriety. A graduate of Fordham University's College of Business Administration in New York City, with a Bachelor's of Science degree in Finance, Mr. Babcock's training has specialized in Motivational Interviewing, PTSD, Cognitive Behavioral Therapy, the Gorski - CENAPS model of Treatment and Relapse Prevention, and Life Skills Mentorship. Having first been introduced to the 12 steps of Alcoholics Anonymous back in 1988, as well as both inpatient and extend

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