

Latest *Basic Recovery* Agendas

Ever since 1995, Wally has been conducting one day and weeknight seminars during which he takes every participant through ALL Twelve Steps in a matter of a few hours. To date Wally, along with other presenters, have taken more than 750,000 through the work with extraordinary results.

Throughout the years and based on participant feedback, he has modified the “**Basic**” format in order to make it even more effective. For the past several years, he has been concentrating on four sessions plus three interactive, one-on-one breakouts **in order for the participants to complete ALL of the Steps during the course of the sessions.**

Session One: Take Steps 1, 2 and 3 in 40 minutes, followed by a 20-minute break-out to meet with your sharing partner to discuss the problem or difficulty you are in the process of taking through the Steps.

Session Two: Take Step 4 and set-up Step 5 in 30 minutes, followed by a 30-minute breakout to take Step 5 with your sharing partner.

Session Three: Setup Steps 8 and 9 and take Steps 6 and 7 in 30 minutes, followed by a 30-minute breakout to take Steps 8 and 9 with your sharing partner

Session Four: Take Steps 10, 11 and 12, in 60 minutes, including a 5-Minute “Quiet Time” to practice Step 11.

Wally P. has been actively involved with the recovery community for more than 31 years. Wally has been free of alcohol and drug addiction for 31 years, food addiction for 29 years, and sex addiction for 28 years. He has conducted seminars for numerous Twelve-Step fellowships.

He is the creator of the **Back to Basics** and **Back to the Basics of Recovery** programs. In the past 24 years, Wally has personally taken more than 100,000 through the Steps using these formats

Wally’s latest activities are based on his **Back to the Basics of Recovery** program, which is for all addictive and/or compulsive behaviors. All “Big Book” passages have been modified so they are gender neutral and apply to everyone, whether they have a problem with drugs, alcohol, food, sex, gambling, finances, relationships, or any other addictive/compulsive behavior.