



Talbot Recovery's Professionals Program has earned a national reputation for the comprehensive treatment of addiction (alcoholism, other drug use disorders and other addictive disorders) and its attendant related medical, psychological, psychiatric, spiritual and work-related problems. At Talbot Recovery, we stage the intensity of treatment based upon the levels described by the American Society of Addiction Medicine Patient Placement Criteria, Version II, Revised. Over our 38 year history, more than 6,000 professionals from all 50 states, Canada and Europe have come to Talbot Recovery for treatment. Most other professionals programs were designed using the principles developed by Talbot Recovery. No one has more experience in treating professional patients.

It is our goal to treat a wide range of professionals who need help with addiction recovery so that they may return to their careers in the future.

Our Professionals Program treats:

- Physicians in all specialties
- Physician Assistants
- Nurses
- Dentists
- Veterinarians
- Pharmacists
- Therapists
- Psychologists
- Pilots
- Attorneys
- Business Executives

Please call our Intake Department for more information.

(800) 445-4232 or (770) 994-0185
5448 Yorktowne Drive
Atlanta, GA 30349
www.talbotrecovery.com



Navjyot Singh Bedi, M.D.
Medical Director

Dr. Bedi joined Talbot Recovery as a Staff Addiction Psychiatrist in 2006. Since that time, he has been a valuable part of the treatment team in the addiction/dual

diagnosis treatment programs at Talbot Recovery, and particularly with the Professionals Program. He is the Lead Physician conducting the 72-Hour Professionals Assessments. He also leads process groups and is a frequent lecturer to both patients and families. He manages the treatment team for all of the Professionals Program patients. Dr. Bedi was the Senior Addiction Psychiatrist at Talbot Recovery and recently was appointed to the position of Medical Director.

Dr. Bedi is also a Clinical Assistant Professor of Psychiatry and Behavioral Sciences at Emory University School of Medicine. He obtained his medical degree from the All India Institute of Medical Sciences, New Delhi where he also completed his Internship and Residency and completed Psychotherapy training at the Philadelphia Psychoanalytical Society. He then completed a Residency in Psychiatry at The Hospital of the University of Pennsylvania and became Chief Resident at The University of Pennsylvania Department of Psychiatry. Subsequently he became a Fellow in Addiction Psychiatry at Northwestern Memorial Hospital in Chicago. Before joining Talbot Recovery, Dr. Bedi served as a Staff Psychiatrist, Substance Abuse Division for the Veterans Administration in Atlanta and as an Assistant Professor of Psychiatry and Behavioral Sciences at Emory University School of Medicine. He was the Medical Director of the Cherokee Mental Health Institute in Cherokee, IA from 1999-2004.

Certifications:

American Board of Psychiatry & Neurology (Psychiatry & Addiction Psychiatry)
American Board of Addiction Medicine (Addiction Medicine).



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Professionals Program

A place of new beginnings

Individualized Treatment Plans and Innovative Programs

Assessment and Evaluation

Talbott Recovery pioneered the 72-Hour comprehensive assessment program for Professionals over three decades ago. We regularly conduct assessments at the request of Professional Wellness Programs, state licensing authorities, hospitals or state bars, as well as family and concerned friends. When clinically indicated, a 72-Hour Assessment provides a full multi-disciplinary evaluation of an individual. The core of the assessment team includes:

- Attending Physician
- Psychiatrist
- Clinical Psychologist
- Internal Medicine Specialist
- Addiction Medicine Specialist
- Assessment Coordinator

The team may also include a pain specialist, a neurologist, a spiritual counselor, a behavioral medicine specialist or a sexual boundaries specialist as needed. When additional areas are evaluated, the 72-Hour Assessment may extend past the usual three days. Upon completion, we discuss our recommendations with the patient, referent, and family as appropriate.

Detoxification and Stabilization

Inpatient stabilization is available for patients requiring a more complicated detoxification and/or behavioral containment to interrupt the downhill spiral of their addiction. At the time of admission, patients requiring Level IV care are admitted to our sister facility, Anchor Hospital, which sits on the same campus as Talbott Recovery. Level IV care is under the direct care of a physician who specializes in addiction treatment.

Partial Hospitalization Program

Patients are admitted to our Campus Phase for 8 weeks as an introduction to the basic skills of recovery. Frequently we recommend our traditional Mirror Image Phase of treatment for an additional 4 1/2 weeks. This is usually recommended for individuals who have co-occurring psychiatric conditions, personality related issues, grief, trauma, partner relationship issues, family of origin concerns, sexual or other behavioral processes, licensing and professional concerns, or legal issues.

Mirror Image Phase

Mirror Image is an addiction treatment innovation created and first implemented by Talbott Recovery founder, Dr. G. Douglas Talbott. Five mornings a week, Mirror Image patients go to other treatment facilities in the Atlanta area and work with newly admitted alcoholics and addicts. The purpose is to assist patients in overcoming the myopia that often accompanies the disease of addiction - patients can see the affects of the disease of addiction in others but are unable to see those same affects in themselves.

Treatment Modalities

We at Talbott Recovery pride ourselves in offering state-of-the-art treatment of addictive disorders using the medical model. We individualize the treatment to the unique needs of every patient. Group therapy is the cornerstone of change in all of our programs; we believe recovery cannot occur alone. Treatment may include any of the following treatment modalities:

- Group therapy
- Medication management (of mood disorders)
- Individual therapy
- Procedural learning on how to use the 12-Steps
- Psychoeducation groups
- Groups for professional and work related issues
- Groups for grief resolution and coping with loss
- Anger management groups
- Relapse prevention
- Life skills
- Family therapy
- Family Program
- Spirituality groups
- Dialectical Behavioral Therapy (DBT)
- Sexual issues groups (men's & women's)
- Gender issues groups
- 12-Step recovery meetings on and off campus
- EMDR (Eye movement desensitization and reprocessing) for trauma issues
- Meditation and mindfulness training

Talbott Recovery

Committed to Long-Term Recovery

Continuing Care

Talbott Recovery is committed to helping our patients and their families build a long term, self-sustaining recovery. Talbott Recovery's continuing care process assists patients and families in developing a program of recovery and a support system that will provide a solid foundation to achieve that goal after they leave our facility.

Return Visits

The leadership at Talbott Recovery, working together with former patients, developed the Return Visit Program. Alumni speak of the significant number of important new friendships they make with other patients while at Talbott Recovery. They also speak of the confidence and trust they developed with Talbott Recovery staff. Mostly, they speak of how they want to "reconnect" with friends and staff on a regular basis. Responding to this feedback, we developed our Return Visit Program, which has become very popular and well attended. Patients include Return Visits as a component of their aftercare.

Family Program

The Family Services Department at Talbott Recovery provides patients and families with support and education on the disease of addiction, cross addiction and the impact on the family. The Family Program is designed to assess the family's needs, educate about chemical dependence and offer ongoing family support during and/or after the patient's treatment. The Family Program is the first step many addicted families make towards healing.



Professionals Program

Over 38-years of Treating Professionals

Why Choose Talbott Recovery's Program?

Talbott Recovery is the original founder of Healthcare Professionals Treatment Programs. Due to our 38-year history, we are extremely skillful in treating this population's addiction issues. Healthcare Professionals make up 30-35% of our patient population. In the unique clinical setting of our Professionals Program, patients' interaction with peers provides support and accountability.

Can I Regain My Professional Status?

Talbott Recovery's goal is to assist our patients in returning to work in their chosen profession providing it is safe for the patient and the public. Using the vast knowledge acquired by years of treating professionals, key members of each patient's treatment team offer expertise in licensure and employment issues. The existing relationships we have with each state board and professional health program allows patients to have a smooth transition back to the workplace upon completion of the Professionals Program.

What Happens After Treatment?

Each patient leaves Talbott Recovery's Professionals Program with a comprehensive personalized monitoring or aftercare plan. Input is provided by the Talbott Recovery treatment team, state licensing boards, profession-specific advocacy programs, employers, referral sources and the individual patient. Monitoring includes individual and/or family or couples counseling, group therapy, profession specific groups and urine drug screens. Patients find the structure and accountability helpful in early sobriety.



A place of new beginnings

Contact us today
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