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### **Growing up with Recovery**

Treasure Sachnoff recalls the 1950's where a map on the dining room wall was scattered with a pin for each meeting opened in Michigan for the new organization Recovery, Inc. The dining table was where her mother read correspondence and wrote short articles about the transformational method created by Neuropsychiatrist Dr. Abraham Low.

Treasure Rice, her mother, had a nervous condition which caused strange sensations including a pounding heart, flushing, blurred vision, and overwhelming terrifying feelings of panic. The symptoms developed into a phobia where Rice was afraid to be in public or to eat in front of people. After seeking other treatments, she finally sought out Dr. Low, a Chicago psychiatrist. After Dr. Low took her history and had her list all her fears he repeatedly told her "you will get well in Recovery".

That was the beginning of a very active period of development in Michigan and throughout the country for the fledgling organization which became a focal point of Rice's life.

What is the method Abraham Low developed more than 80 years ago, the founding of which is detailed in the book *My Dear Ones* published in 1971 by Neil and Margaret Rau? It is the 4-step method and cognitive tools known as "spots" which have helped thousands of people with mental health diagnoses overcome the fears and anger that impact their relationships and lives in significant ways. How did Rice start? Perhaps with the spot: "the symptoms are distressing but not dangerous".

Today the group has become Recovery International, expanding its influence through hundreds of weekly telephone, on-line and face-to-face meetings to train members in the self-help method which requires repeated practice to have a full impact. It is a well-kept secret, so to speak, due to the self-help nature of this cognitive-behavioral technique and the tendency to privacy of individuals with nervous conditions. But don't try to learn the method by yourself at home, join a group so it will be a success!

Find out more on the website: <http://www.recoveryinternational.org/>

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**You're invited:**

**An 80th Anniversary event**

- For Recovery International Members -

Tues. Feb. 28, 2017

6:30 p.m. CST Conference Call (7:30 EST, 4:30 p.m. PAC)

Celebrating Dr. Low's Birthday and

The 45th Anniversary of *My Dear Ones*

**A panel of Dr. Low's daughters:**

Phyllis Low Berning and Marilyn Low Schmitt

and

**Daughter of Treasure Rice:** Treasure Sachnoff

To Register:

Call: 312-962-5992

Or e-mail: [info@recoveryinternational.org](mailto:info@recoveryinternational.org)

(Include "DEAR ONES Registration" in the subject line)

Sign up by: Noon CST, Feb. 24 (Space is limited)