

Steven J. Chen, Ph.D.

CLINICAL PSYCHOLOGIST



SPECIALIZING IN **ADDICTION RECOVERY**

Am I an Alcoholic? A Drug Addict? A Sex Addict?

The following case studies may provide a bit of insight.

Alcohol & Drug Addiction

Marsha is a 30 something techie, had been using alcohol, marijuana, cocaine and methamphetamine since her late teens. After high school she obtained a degree in Information Technology, and began working for a Fortune 1000 company. Marsha has been married 14 years, with three children.

Over time, Marsha's drug and alcohol use began to have a devastating effect on her family and career, leading to verbal abuse, missed work and loss of income.

With frustration and despair setting-in, Marsha took the first steps towards recovery.

Armed with new coping skills, a support group, and clear direction, Marsha was able to eliminate alcohol and drugs from her life. Her family dynamic began to steadily improve as did her relationship with co-workers and her overall professional life.

Drug Addiction

After what seemed like a lifetime of battling alcohol abuse, Tom hit rock bottom. His successful career as a business executive left him financially successful but emotionally isolated, spiritually bereft and socially distant.

With the encouragement of family and co-workers, Tom decided to seek help... to re-energize, re-engage and become the person he often dreamed of being.

Tom is now enjoying life with newfound meaning.

Sexual Addiction

John is a 40 year old executive and a high achieving businessman who travels about 50% of the time for his job. He struggles with looking at pornography and wishes he could kick the habit.

Sometimes John justifies using Porn because of the stress of his job, claiming it helps him to "relax".

But recently his wife caught him masturbating to a pornographic movie and was extremely upset at him. She accused him of watching movies to satisfy himself rather than connect with her.

John has tried to "kick the habit" in the past, but somehow, always manages to go back. His behavior is leading him down a destructive path.

“Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending.”

Carl Bard

When you have an addiction, you feel alone. You feel isolated.

The study of human behavior has shown that those who feel isolated frequently reject social standards, subsequently resorting to destructive behavior.

“The best time to plant a tree was 20 years ago. The second best time is now.”

Chinese proverb

Are you affected by an addiction?

- Have you been overwhelmed with thoughts about using alcohol or drugs?
- Do you ever regret looking at porn?
- Ever felt like alcohol, sex or drugs are controlling you?
- Have you lost time at work because of alcohol or drugs?
- Are you tired of trying to escape painful feelings?
- Have alcohol, drugs or sexual desires interfered with relations with your partner or spouse?
- Are you tired of living a “double life?”

You don't have to remain this way. The choice is yours. It's time that you fly. It's time that the world witnesses all of the beauty, courage and strength, you have to offer!

“If we are facing in the right direction, all we have to do is keep on walking.”

Zen proverb

Begin your journey... today.

It's time to take action.

To learn more about the intensive assessment, transformation and recovery program, or to set up your appointment, contact Dr. Steven Chen today.

It's time to seize control of your life!

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Steven was trained in Clinical Psychology and obtained his Ph.D. in 1992. He has worked at a Veterans Administration Hospital assisting our servicemen and women in working through PTSD and other challenging problems.

Steven was Director of Psychology at the Utah State Hospital for five years, overseeing the psychological assessment and treatment of several hundred patients. He was responsible for a full psychological staff and psychology trainees during his tenure. He then worked as Deputy Director of the Department of Substance Abuse and Mental Health (DSAMH) with an annual budget of \$100 million and overseeing 20,000 lives in the state of Utah.

He worked at the Utah State Prison with some of the most difficult inmates, ranging from people on Death Row to Sex offenders to individuals in the general population.

Since 2000 Steven has worked as an organizational consultant specializing in helping CEO's and top level executives identify, develop and accelerate individual, team and organizational performance through maximizing high achieving human behavior.

Steven has worked with numerous individuals suffering from addiction, including alcohol, sex and drug dependence. He utilizes a unique intensive outpatient approach, which is highly effective in helping those with addiction, as well as spouses and family members.

His unique blend of understanding people through a PhD in psychology, and with his teaching in MBA programs and numerous organizational consulting projects, combine to provide accurate analysis, valuable guidance and steady direction to any individual or organization seeking peak performance.

Steven has worked with several thousand individuals, teams and organizations over the past 29 years. His focus is assisting senior leadership in reaching critical goals through ensuring the right individuals are in the best suited roles, and assisting transformational change for success.

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