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Hierarchy of Recovery: From Abstinence to Self-Actualization

Robert Helgoe

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According to psychologist Abraham Maslow, clients progress through a hierarchy of needs that begins with physiological needs and ends with self-actualization.

According to author Robert Helgoe, the process of recovery follows the same hierarchy. Clients enter recovery because they need to survive. When they maintain recovery because they wish to thrive, they have taken an important step toward self-actualization.

Hierarchy of Recovery explores these principles in an engaging discussion. Tools such as personal inventories and checklists help you pinpoint where your clients are within the hierarchy. By knowing this, you know how to help them achieve the next level.

In this age of accountability, measuring progress scientifically instead of subjectively is essential for treatment providers. This innovative measuring tool makes it possible.

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