

# RECOVERY<sup>®</sup> WITHOUT WALLS

[www.RecoveryWithoutWalls.com](http://www.RecoveryWithoutWalls.com)

*Recovery Without Walls* is an innovative, individualized, out-patient program that treats chronic pain and addiction. Based in Mill Valley, California, the *Recovery Without Walls* approach, which includes pharmacological detoxification, provides confidential, medically sophisticated, exclusive, personalized care. Unlike many 28-day treatment programs, *Recovery Without Walls* is symptom responsive rather than schedule driven. While all recovery patients are treated on an outpatient basis, when an intensive treatment is advisable, patients are lodged in a comfortable private residence or in a local upscale hotel near the office. Their care is guided by individual personal recovery assistants and they are given exceptional psychotherapeutic support.

Founder and Medical Director, Dr. Howard Kornfeld, also believes in the importance of mind-body healing. He integrates the insights of mindfulness meditation, yoga, acupuncture, body-work practitioners, and physical therapists into the patients treatment plan, with the sessions tailored to each individual patient's needs. This level of support and customized care allows the patients to find relief from pain, as well as gain the strength to confront their dependencies.



**HOWARD KORNFELD, M.D.**  
Founder & Medical Director

Dr. Howard Kornfeld is a graduate of Northwestern University School of Medicine and teaches at the University of California, San Francisco School of Medicine's Pain Fellowship Program. Dr. Kornfeld is a Fellow and certified by the American Society of Addiction Medicine and is board certified in pain medicine and emergency medicine.

He maintains a private medical practice in Mill Valley, California, and for over 20 years, has specialized in the treatment of chronic pain, as well as alcoholism and substance addictions. Dr. Kornfeld is a nationally recognized leader in the utilization of the opioid pain medication, buprenorphine (also known as Suboxone). He is particularly skilled in the assessment and treatment of opiate dependency and chronic pain. He is also widely known for his expertise in treating patients with complex benzodiazepine and sleeping pill dependency (*Valium, Xanax, Klonopin, Ambien, Lunesta* and others). Dr. Kornfeld admits patients as a staff member at Marin General Hospital.

**JANIS PHELPS, Ph.D.**  
Director of Psychology

Dr. Janis Phelps earned her Ph.D. in Clinical Psychology in 1986 from the University of Connecticut and has been a licensed Clinical Psychologist since 1987. Dr. Phelps's consulting and clinical practice has a broad scope ranging from individual and relationship therapy to divorce mediation. She serves patients in recovery as well as those challenged with chronic pain, stress, anxiety, chronic illness, depression, relationship problems, and spiritual crises, among other issues.

She brings to *Recovery Without Walls* her focus on mind-body wellness, intentionality and mindfulness/shamanistic meditation practices as well as her theoretical orientation in wellness mind-body models and ancient wisdom traditions.

**INNA ZELIKMAN, N.P.**  
Deputy Director of Medical Services

Ms. Zelikman received her R.N. from the University of Massachusetts at Amherst, and her Master of Science in Nursing and Nurse Practitioner training degree from the University of California at San Francisco. At UCSF, Ms. Zelikman received specialty course education in integrative and complementary healing. Ms. Zelikman has worked in a variety of settings including Kaiser Hospital, UCSF Medical Center, and the San Francisco Public Health Family Center.

As a Nurse Practitioner, Ms. Zelikman specializes in the blending of traditional and holistic medicine. In *Recovery Without Walls*, she utilizes this approach when dealing with pain syndromes, chemical dependencies, and addiction issues, with various treatments that include psychotherapy, physical therapy and other holistic modalities as well as offering her broad knowledge in psychopharmacology. She also takes a natural approach to women's health with emphasis on bio-identical hormone therapy, nutrition and nutraceuticals.

**JOHN CALLELA, M.F.T., Ph.D.**  
Psychotherapist

As a therapist, Dr. John Calella applies the various modalities of the Psychology of Acceptance Therapy for the Heart and Family System. At *Recovery Without Walls* he works with individuals coping with alcohol and drug addiction problems, personality disorders, depression, bi-polar disorders, and those managing the use of prescription drugs and pain medication.

As a valuable member of the Recovery Team, he works closely and caringly with his patients to integrate and stabilize disassociated, unbalanced parts of the self, to meet the challenges of personal, family and social life.

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**JERRY BAYER M.A.**

**Director of Admissions & Patient Services**

Mr. Bayer received his master's degree in Public Policy from California State University, Sonoma, and spent the following year as a research associate at the University of California, Berkeley.

Mr. Bayer has spent more than 30 years designing, developing and evaluating a wide variety of treatment services and programs including associations with the National Institute of Drug Abuse (NIDA) and the National Drug Abuse Training Center (NDATC) as well as working in treatment centers across the country.

With his longstanding experience in the addiction treatment field and his extensive involvement in the twelve-step community, Mr. Bayer is uniquely qualified to guide *Recovery Without Wall's* patients in the direction that best suits their individual recovery needs.

Please call Jerry Bayer, the Director of Patient Services,  
for a complimentary and confidential consultation.

For information or consultation:

(415) 383-2949 Monday-Thursday, 9-5, Pacific Time

Jerry's cell phone: (415) 302-6639

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