

CANDACE PLATTOR, M.A., R.C.C.

Professional Speaker & Author



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About Candace Plattor

Candace Plattor, author of *Loving an Addict*, *Loving Yourself: The Top 10 Survival Tips for Loving Someone with an Addiction* and *Loving an Addict, Loving Yourself: The Workbook*, knows from personal experience what it means to be an addict. Within a year of being diagnosed with Crohn's Disease in 1973, she found herself in the throes of prescription drug addiction.

Her Crohn's Disease diagnosis came at a time when the medical community had a very limited understanding of the disease and how to treat it. As a result, the treatment included some very addictive medications such as Valium, Demerol, Codeine and Oxycontin, which she took faithfully for a number of years.

Additionally, she discovered that marijuana took away a lot of her physical pain and helped her escape from feelings of powerlessness, hopelessness, and isolation. In no time at all, she became a daily pot smoker and had one more addiction to deal with. And when she ran out of pot, she abused alcohol.

After more than 15 years of abusing substances, she "reached bottom" in 1987. Thus began her journey of recovery and self-discovery.

In her books, Candace draws from her experience as an addict, as well as from the stories of those she continues to help in her practice, to uncover the reality of loving someone with an addiction. All too often, people with an addicted loved one in their lives will neglect themselves in an attempt to "help." But, as she points out in her books, this is a lose-lose situation that doesn't help the addict at all. Instead, loved ones must make their own needs a priority and learn to focus on their own self-care.



Candace Plattor, M.A., is an Addictions Therapist in private practice, where she specializes in working with the family and other loved ones of people who are struggling with addiction. As a former addict with more than 35 years clean and sober, Candace has learned that overcoming addiction is a family condition: everyone in the family is affected by addiction and everyone needs to heal.

The results Candace achieves have been astounding: addicts stop using and families regain their lives from the ravages of addiction. Not only has her success led to a waiting list of clients but she is a sought-after leader in the field of addictions.

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