



TYPES OF TREATMENT MODALITIES  
FOR **ADDICTION & RECOVERY**

JourneyPure 

# >>CONTENTS

## **I. DO I NEED ADDICTION TREATMENT?**

- > COMING TO TERMS WITH ADDICTION
- > BENEFITS OF PROFESSIONAL & MEDICALLY SUPERVISED TREATMENT
- > PRINCIPLES OF ADDICTION TREATMENT

## **II. TREATMENT MODALITIES FOR DRUG & ALCOHOL ABUSE**

- > NEUROFEEDBACK
- > EXPERIENTIAL THERAPY
- > DIALECTICAL BEHAVIOR THERAPY (DBT)
- > MENTAL HEALTH & DUAL DIAGNOSIS
- > HYPNOTHERAPY
- > SPIRITUAL COUNSELING
- > SONGWRITING
- > ART THERAPY
- > EQUINE THERAPY
- > DREAM WORK
- > STEP WORK
- > COGNITIVE BEHAVIORAL THERAPY
- > MOTIVATIONAL INTERVIEWING
- > INDIVIDUAL & GROUP THERAPY
- > AFTERCARE

## **III. NEXT STEPS**

- > EXPLORE TREATMENT OPTIONS
- > FIND SUPPORT
- > STAY CONNECTED

# DO I NEED 1. ADDICTION TREATMENT?

Like anything else in life, the biggest and most challenging step toward recovery is the first one. Struggling with addiction is an isolating process that separates you from family, friends and loved ones. This makes it difficult to say, “I need help,” especially when you consider the social stigma surrounding drug and alcohol use.

When you come to terms with your substance use, you are finally free to find a solution—and that solution is a lifelong journey that we call recovery. Successful recovery is never achieved alone.

## **EMBRACE HELP. DISCOVER HOPE.**

Going cold turkey isn't enough. You may achieve temporary sobriety, but the threat of relapse is right around the corner. Instead, become comfortable seeking and accepting help. Professional substance abuse treatment is necessary for lasting recovery. You need guidance to address the root cause of addiction, which minimizes the potential of relapse or side effects.

Attempting to detox on your own can be deadly, especially if hard drugs were involved. Sudden cessation from substances can shock the body, resulting in hallucinations, convulsions, seizure and death. This is why addicts seeking recovery must find a professional detox facility or get a referral from an addiction treatment center.

## **PRINCIPLES OF EFFECTIVE TREATMENT**

No single treatment is appropriate for everyone. You have a unique story. You have a unique journey that brought you to where you are today, so it makes sense to find effective treatment that is tailored to

your unique needs. At JourneyPure, our counselors and therapists lead you through a comprehensive intake process to help you understand the best treatment options for you.

Because many addicts also have a co-occurring mental health issue (called a “dual diagnosis”), it’s equally important the treatment program addresses these underlying issues. Again, this will vary from person to person—not every addict with a co-occurring issue will have the same dual diagnosis.

Once you do enroll, it’s important to remain in treatment for an adequate amount of time. This allows you to benefit fully from the various therapies and treatment modalities. After completing treatment, aftercare services allow you to stay connected during recovery. You will have access to counselors, therapists and resources that are committed to your long-term success.

According to the National Institute on Drug Abuse, the principles of effective drug addiction treatment include:

- Addiction is a complex but treatable disease that affects brain function and behavior.
- No single treatment is appropriate for everyone.
- Treatment needs to be readily available.
- Effective treatment attends to multiple needs of the individual, not just his or her drug abuse.
- Remaining in treatment for an adequate period of time is critical.
- Behavioral therapies—including individual, family, or group counseling—are the most commonly used forms of drug abuse treatment.

- Medications are an important element of treatment for many patients, especially when combined with counseling and other behavioral therapies.
- An individual's treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his or her changing needs.
- Many drug-addicted individuals also have other mental disorders.
- Medically assisted detoxification is only the first stage of addiction treatment and by itself does little to change long-term drug abuse.
- Treatment does not need to be voluntary to be effective.
- Drug use during treatment must be monitored continuously, as lapses during treatment do occur.
- Treatment programs should test patients for the presence of HIV/AIDS, hepatitis B and C, tuberculosis, and other infectious diseases as well as provide targeted risk-reduction counseling, linking patients to treatment if necessary.

At JourneyPure, we utilize decades of scientific research and clinical practice to provide a effective approaches to addiction treatment for our patients. By following the principles of drug addiction treatment, we are able to help you lay the foundations of success.

# TREATMENT MODALITIES II. FOR DRUG & ALCOHOL ABUSE

No matter how alone, desperate or broken you may feel, the truth is that you can overcome your dependence on drugs or alcohol. Through professional treatment and medical supervision, you can escape the serpentine labyrinth of addiction and begin your journey towards a successful life in recovery.

At JourneyPure, our evidence-based treatment modalities are practiced in both group and individual therapy sessions. We believe that the best programs offer a combination of therapies and services. So whether you're enrolled in our residential inpatient program or opt for outpatient services instead, you will experience the most cost-effective and holistic approach to treatment.

Treatment modalities for drug and alcohol abuse include:

## >>NEUROFEEDBACK

Neurofeedback therapy heals the brain. When coupled with psychotherapy, which heals the mind, neurofeedback allows you to make better and healthier decisions for yourself. Because it is noninvasive, neurofeedback is appropriate for anyone with:

- Eating disorders
- Addictions
- Mood disorders
- Anxiety
- Attention deficit disorder

So how does neurofeedback work? Our brains are composed with 100 billion neurons and intricate systems of chemical and electrical

activities. Drug and alcohol abuse create disregulation in the brain, because substances alter chemicals that drive brain function.

During a neurofeedback session, EEG sensors are attached to the scalp, detecting and recording brain wave activity. Therapists and patients are able to see the information on a screen. The therapist walks through the data with the patient and trains them on how to control brain activity and thoughts so that it reaches the desired range. Neurofeedback is a non-invasive, safe and effective long-lasting treatment option.

## >>EXPERIENTIAL THERAPY

As the name implies, experiential therapy involves actions, movements and therapies that engage patients on a physical and mental level. Experiential therapy is more of an umbrella term—a broad category descriptor—rather than a specific type of therapy. Examples of experiential therapy include:

- Equine therapy
- Recreation therapy
- Expressive arts therapy
- Music therapy (including songwriting workshops)
- Psychodrama

Because patients are working experientially, they are able to better “get a sense” of what is happening. With the guidance of licensed therapists and professionals, experiential therapy results in change, emotional growth and personal empowerment. Through experiential therapy, patients are able to learn and *experience* the lessons firsthand.

Compared to talk therapy (where patients can be emotionally guarded), experiential therapy breaks down the walls that hold people back. When this happens, you have the opportunity to experience success, identify obstacles, improve self-esteem and learn how to take greater responsibility for your actions.

While experiential therapy is useful for treating trauma, eating disorders and depression, it is especially important for people who are recovering from addiction.

## **>>DIALECTICAL BEHAVIOR THERAPY (DBT)**

Dialectical Behavior Therapy (DBT) is a cognitive behavioral treatment that was developed specifically for treating individuals at risk for suicide. Self-harming behaviors are common among individuals with borderline personality disorder, which worsens as a result of drug or alcohol abuse.

The behavioral skills taught in DBT are mindfulness, distress tolerance, interpersonal effectiveness and emotion regulation. The key philosophy behind DBT is that self-destructive behaviors are not innate, but are learned coping mechanisms for intensive and negative emotions. If an individual experiences emotional vulnerability coupled with an invalidating environment, then they are more likely to engage in self-destructive behavior such as cutting or suicidal thoughts.

DBT is recognized as one of the more promising therapies for addiction. It is perfect for people struggling to overcome substance abuse problems. DBT provides a clear way to achieve self-acceptance while promoting healthy change.

## **>>MENTAL HEALTH & DUAL DIAGNOSIS**

According to the National Bureau of Economic Research (NBER), there is a “definite connection between mental illness and the use of addictive substances.” Every year, it’s estimated that 17.5 million Americans over the age of 18 suffer from a mental health disorder. Unfortunately, many mental health disorders go unnoticed or undiagnosed. When this happens, individuals attempt to self-medicate the negative emotions. This is how drug addiction begins.



Out of the 17.5 million Americans with a mental health disorder, 4 million also struggle with a co-occurring drug or alcohol dependency. This is what we refer to as a “dual diagnosis.” Within the last decade, the number of patients in recovery with a dual diagnosis has increased by 16 percent. While this is an improvement, 60 percent of addicts with a dual diagnosis haven’t received treatment.

If you or a loved one is struggling with substance abuse or dependency, it’s vital to ensure that a comprehensive and holistic mental evaluation is part of the treatment program. Without treating any underlying mental health issues, you’re simply treating the symptoms of the problem, not the root cause. By treating a dual diagnosis, we can manage and eliminate the urge to abuse substances.

## >>HYPNOTHERAPY

Can hypnosis cure addiction? You’ve probably heard ads on the radio about hypnosis helping people overcome smoking, eating and anxiety disorders. But does hypnotherapy really work? Is it brainwashing or cutting edge science?

Though it may sound far-fetched to some individuals, hypnosis has a long and successful track record in healthcare settings. Hypnotherapy is sometimes misrepresented because of its use in entertainment purposes, but it is extremely effective in treating addictive disorders. The benefits of hypnotherapy include:

- **Recalling and working through blocked memories.** During hypnotherapy with a trained and licensed hypnotherapist, the patient enters a state in-between being fully relaxed yet feeling awake. In this state, the patient’s conscious mind relaxes while the subconscious mind moves forward. When this happens, individuals are able to recall blocked memories and past traumas they have tried to bury. In this frame of mind, patients

can work through the root problem of the addiction.

- **Greater personal awareness.** By removing the blocks towards healing, the patient and therapist are able to change stubborn perspectives. This results in meaningful personal growth that empowers the healing process. Greater personal awareness is important to recovery and maintaining a new, healthy lifestyle.
- **Stress reduction and management.** Stress not only contributes to addiction, it can also cause serious illness such as heart disease and high blood pressure. Because hypnotherapy addresses traumatic events you may have tried to forget or bury in your brain, you have the opportunity to recuperate, repair, heal and move forward from that pain.

There are defining moments in all of our lives. Hypnotherapy allows us to treat the psychological issues you may not realize are fueling your addiction.

## >>SPIRITUAL COUNSELING

Spirituality is one of the important components of recovery from addiction. Made popular by the international influence of Alcoholics Anonymous (AA), spiritual counseling encourages each patient to access their inner resources rather than relying on drugs and alcohol for relief. During spiritual counseling, you can expect:

- New perspectives on personal issues
- Improved access to your own intuition and inner wisdom
- Compassion, care and understanding of negative behaviors
- Techniques for building relationships and creating connections
- Skills to move from fear to faith

Addiction creates a spirit of fear, anxiety and negativity. Spiritual counseling is yet another piece of our addiction treatment program that allows you to become whole, happy and healthy once again. While the thought of spiritual counseling might scare some people,

it's important to note that spirituality differs from religiosity. While religion can certainly contribute to one's spiritual health, spirituality means something different to everyone. While others may view it as participating in organized religion, others focus more on meditation and reflection.

## **>>MUSIC THERAPY**

"Where words leave off, music begins." – Heinrich Heine

We're all familiar with the power of music to move our spirit, affect our mood and open our hearts. Music is a universal language that can be described as a creative expression of emotion through sound. Because it has the power to move and heal, it's important to use music as a therapeutic technique during drug and alcohol addiction treatment.

Even if you don't have a creative background, music therapy exercises are known to boost self-esteem, increase confidence and provide safe outlets for emotional release. Songwriting workshops, for example, give patients the creative tools they need to put thoughts and moods into song. Licensed music therapists help patients through the songwriting process, leading them through meaningful reflection and discussion that addresses their personal needs.

Many patients who have never taken music lessons or classes before learn to love this art form. It's a new skill that patients can use after addiction treatment to healthily manage their emotional and mental health.

## **>>ART THERAPY**

As a result of substance abuse, many individuals in addiction treatment have a difficult time communicating their thoughts and feelings. Addiction is an isolating disease, so patients suffer from emotional blocks and can have a difficult time relating with other

people. Fortunately, art and expressive therapies raise provide avenues to express thoughts and feelings in a healthy way.

Under the guidance of a professional art therapist, creative exercises may include:

- Painting
- Sculpting
- Dancing
- Drawing
- Acting
- Music poetry

The techniques of art therapy reveal issues that the subconscious mind is dealing with. For example, therapists will encourage patients to talk about the images in their art. This often times helps patients discover insight and meaning into their current emotions and experiences. In other words, art and active imagination provide an entryway into deep conversation and healthy healing.

## **>>EQUINE THERAPY**

Equine-assisted psychotherapy is recognized as one of the most effective forms of experiential therapy. A creative, innovative and evidence-based treatment modality, equine therapy uses horses in a therapeutic setting to promote emotional growth and personal development.

So what makes equine therapy so effective? Horses are majestic creatures that are in tune not only with themselves, but also with the people that approach them. If you're anxious, angry or untrustworthy, the horse can sense the inner turmoil and will respond accordingly. Because the horses provide predictable and honest behavior, the patient has the opportunity to establish a trustworthy and communicative bond with the horse.

With the guidance of experienced professionals, equine therapy teaches many skills and psychological lessons that are applicable once the therapy ends. You will learn to communicate, healthily channel anxiety and build meaningful relationships with those around you. This is key to lasting lifelong recovery.

## **>>DREAM WORK**

Though we might not realize it, dreams always have important levels of symbolic meaning. While we sleep, the subconscious mind needs to process immense amounts of information and feelings. Every dream we remember is an opportunity to examine our own thoughts and emotions. By working through dreams with a therapist, we can unravel the key motivators that prompt us to behave the way that we do.

During and after recovery, it's important to be mindful of your dreams. The fear of relapse, for example, may always stick with some individuals, so it's not uncommon for them to have these recurring dreams years after treatment ends. Dream therapy provides healing and transformation that can alleviate our greatest fears.

## **>>STEP WORK**

When you think of alcohol and drug addiction treatment, chances are that the 12-Step Program is one of the first images that come to mind. The 12-step methodology is one of the most iconic and effective forms of treatment. Its influence is found in virtually almost every treatment modality used in clinical settings today.

One of the most powerful philosophies behind 12 step groups is that you have an opportunity to meet other people who are experiencing the same thing. The reality is that we feel stronger when we belong to a group of people who can relate to our own experiences. Addiction is a disease—one that isolates you from loved ones and others around you. Step work allows you to integrate

seamlessly into a community that understands and wants to help you through your journey.

Step work is utilized in both inpatient and outpatient programs, ensuring that individuals in recovery are always part of a meaningful community. Do you have the support group you need for success?

## **>>COGNITIVE BEHAVIOR THERAPY (CBT)**

Cognitive Behavioral Therapy (CBT) was originally created as a method to prevent relapse among alcoholics. Today, it is a treatment modality utilized in all forms of substance abuse. CBT focused on identifying and preventing behaviors that are negative, destructive and counter productive. Because our cognition affects our decision-making and well being, it's critical to make sure our thought patterns are healthy.

Negative thinking is an obstacle that prevents change. When patients and therapists work together to identify harmful thought patterns and replace them with healthy thinking, change can be accomplished. The skills gained during CBT allow individuals to cope and handle stress after leaving drug rehab.

## **>>MOTIVATIONAL INTERVIEWING**

By now, you've read that addiction treatment programs should be tailored specifically towards your unique needs. But how exactly do the therapists and counselors know how to tailor the treatment for you? Motivational interviewing (MI) is one of key ways we can understand your internal motivation for behavior change. MI is people-centered, allowing for a collaborative process between clinicians and patients. Through MI, we can meet you where you are.

When we are able to understand the motivators unique to you, we can begin working towards positive change together. The five stages of change in substance abuse treatment are:

1. Precontemplation—or not considering change.
2. Contemplation—acknowledging that a problem exists.
3. Preparation—planning to make a change, weighing the benefits.
4. Action—making significant lifestyle changes towards sobriety.
5. Maintenance—working to maintain changes and prevent relapse.

Motivational interviewing allows the addiction treatment services to meet you where you are. Together, we can stop problematic substance use and replace negative thought processes with healthy, positive behaviors.

## **>>INDIVIDUAL & GROUP THERAPY**

A successful substance abuse treatment program will include a healthy mix of individual and group therapies. While individual therapy allows room for personal feedback and development, group therapy allows for a sense of community and belonging. Both therapies are critical for effective treatment.

During individual therapy, you have the opportunity to develop a personal relationship with your therapist. If feedback is given, you can discuss the issues prevented before applying them to your daily life. The dynamic of the relationship with your therapist is crucial. These therapies are often brief, treating symptoms and specific problems. Remember, therapists are more of “technical” experts who understand how to identify and address unhealthy behaviors.

Different therapeutic factors are at work during group therapy, where you are exposed to other people who have experienced, overcome or understand where you are right now. This is an incredible opportunity to learn alternative points of view, see how

others have overcome specific challenges, and be reminded that recovery truly is possible!

Through both individual and group therapy, you can learn about the joy and power of relationships that have honesty, accountability and emotional depth.

## **>>AFTERCARE**

Relapse is a common characteristic of treating a chronic disease, such as drug and alcohol abuse. It is defined as a patient who has stopped abusing substances starts abusing them again. If relapse happens, it should not be seen as a failure.

In many cases, relapse is a sign that a patient isn't getting the support or medical treatment he or she needs to recovery. Aftercare provides lasting support and resources following residential inpatient or outpatient treatment. Aside from the full support of family and friends, aftercare offers a long-term treatment plan that keeps patients connected after they leave our facility.

Aftercare programs can include 12-step programs, family sessions, group and individual counseling, anger management classes and programs linked to treatment centers. Through treatment, individuals in recovery will acquire new skills that allow them to manage cravings and find healthy ways to cope with stress.



# III.YOUR NEXT STEPS

Recovery is in your reach. The biggest and toughest step towards recovery is the decision to make a change. It's normal to feel conflicted about giving up drugs or even embarrassed that you admit you need help. If you feel this way, remind yourself of the reasons you want to change. Taking the steps toward change is worth it.

## 1. **EXAMINE YOUR TREATMENT OPTIONS.**

At JourneyPure, we utilize evidence-based treatment modalities that meet you where you are. Our treatment programs focus on getting sober and helping you build a healthy foundation that prevents relapse. Our experienced counselors and therapists will teach you proven ways to keep triggers and cravings in check. We offer both residential inpatient and outpatient treatment options depending on your unique needs.

## 2. **BUILD A MEANINGFUL & DRUG-FREE LIFE.**

After you complete treatment, it's important to establish a new and healthy routine. You need to find productive ways to fill the time that was once filled with drugs and alcohol. During your stay at JourneyPure, you will discover new hobbies, activities and renewed interest in things that once mattered to you (such as your career or your family). Happiness in your life is key to maintaining sobriety.

## 3. **DON'T LET RELAPSE OR TEMPTATION KEEP YOU DOWN.**

Making the decision to change is just the beginning. Relapse and temptation are expected parts of the journey. Instead of giving up or being discouraged, allow these moments to be a lesson to learn from mistakes. If you do relapse, it's not a sign that your treatment has failed. It's important to get back on track as quickly as possible and figure out what went wrong so you can avoid a similar situation in the future.

#### **4. LEARN HEALTHY WAYS TO COPE WITH STRESS.**

Even after detox, you'll still face the challenges that led to drug addiction in the first place. If you want to remain sober, you need to know how to handle stress and respond to cravings. By enrolling in a trusted addiction program, you will learn how to relieve stress with out drugs. Challenges such as stress, loneliness, frustration, anxiety, depression and shame will still exist even when you are no longer using drugs to cover them up. Are you equipped to tackle these challenges head on?

JourneyPure is an addiction treatment center that is committed to making you feel comfortable and equipping you with the tools necessary for sobriety. We are not an ordinary drug rehab center. Our evidence-based treatment programs meet you where you are until the training wheels are ready to come off.

Learn more today at <http://www.journeypure.com/> or call directly at 615-939-9294.

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