

Twelve-Step Facilitation

 duarehabhouse.com/twelve-step-facilitation/

Twelve-Step Facilitation (TSF) consists of a brief, structured, and manual-driven approach to facilitating early recovery from alcohol abuse/alcoholism and other drug abuse/addiction.

It is based in behavioral, spiritual, and cognitive principles that form the core of 12-step fellowships such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). It is suitable for problem drinkers and other drug users and for those who are alcohol or other drug dependent.

TSF seeks to facilitate two general goals in individuals with alcohol or other drug problems: acceptance (of the need for abstinence from alcohol or other drug use) and surrender, or the willingness to participate actively in 12-step fellowships as a means of sustaining sobriety.

These goals are in turn broken down into a series of cognitive, emotional, relationship, behavioral, social, and spiritual objectives.

Art Therapy

Creative expression through art therapy is not only relaxing but helps clients connect with their inner selves through the inspiration of images and their physical manifestation in artistic expression. Art therapy helps restore physical, mental and emotional well-being.

Some clients in rehab who have difficulty communicating verbally may be able to use art therapy to express themselves. This type of therapy can help in resolving issues, identifying and managing feelings and behaviors, and improving awareness and self-esteem. Research has found that art therapy can be a beneficial treatment for psychiatric disorders.

Hypnosis

After a person who has been struggling with an addiction overcomes the initial hurdle of becoming sober, a new set of challenges emerge. At this point, staying sober is the goal, and doing so requires goal setting, plenty of focus and a healthy dose of optimism.

This is where hypnosis as a treatment for addiction really becomes effective. It allows the patient to get involved in the treatment process, letting them explore their own triggers for relapse and giving them tools to deconstruct a craving should one arise.

Family Therapy

Family therapy is a type of psychotherapy that is designed to help family members improve communication and resolve their conflicts. Typically this therapy is performed by a licensed therapist, clinical social worker or a psychologist.

Since addiction is a family disease, it is important for other members of the family to receive treatment so that they can deal with specific issues relating to the family member's substance abuse, mental illness or other problems. At Promises, we have found that about 90 percent of family members want to be involved in the treatment of their loved one.

Our family therapy program is designed to help family members gain awareness and understanding, so that they can learn how to best support their loved one and themselves. Family therapy may include all or only some family members. The specific treatment plan depends on family needs. We employ two full-time family therapists who meet individually with their client to work on individual family issues and also provide education and support for the client's significant others.

Continuing Care

Treatment is the beginning of a lifelong journey of discovery and recovery, but what happens after treatment is equally as important as the treatment itself.

Recovery begins in treatment and continues with comprehensive continuing care as the patient transition from the confines of a supportive, safe environment into the world.

Upon completion of an addiction treatment program, transitioning to the day to day of a "normal" life may be difficult, thus requiring additional support, encouragement, and a sense of solidarity. Without the availability of such an option, addicts may find themselves prone to temptation and relapse, particularly when considering the severity of the addiction and the substance abused.

They will be able to encounter challenges that previously would have sent them searching for substances and use the new behaviors developed in treatment, resist triggers, prevent relapse and improve their ability to pursue long-term recovery.

At Duarehab House,we offer.

Early Recovery Progrm

The goal of this program is daily ongoing care and support of the patient's efforts to incorporate the skills and strategies learned in primary treatment into daily life. Participation in this program strengthens new patterns of sobriety as individuals reintegrate into community activities.

The Early Recovery Program is a continuing care program that involves meeting five times a week for twelve weeks. It includes group therapy, Psycho education and individual counseling, as well as follow-up assessments and urine testing.

Recovery Maintenance Program.

The goal of this program is to provide extended but less frequent support at later stages of recovery, and it includes the opportunity to process challenges to sobriety.

This program provides the opportunity for weekly meetings up to six to nine months, as determined by their individualized treatment plan. In this program, patients continue with group sessions and one-to-one counseling, as well as follow-up assessments and drug testing

Self Help Support Groups (A.A/N.A Meetings).

Alcoholics Anonymous/Narcotics Anonymous (commonly referred to as AA/NA) is perhaps the most widely known program related to overcoming an addiction or chemical dependency. For decades, AA/NA meetings have helped countless addicts overcome their dependence upon alcohol/drugs and begin (or continue) their pursuit of lifelong recovery.

Though any form of addiction recovery can be a complex and challenging process, the central tenet of AA meetings is fairly simple and straightforward. This is how AA describes itself (from the AA website):

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

AA meetings are designed as supportive environments for individuals who are in all stages of recovery. The foundation of AA meetings – indeed, the foundation of the entire AA program – is expressed in the 12 Steps, a process that was developed in the early days of AA meetings, and which is now embraced by addiction treatment programs throughout the world.

Family Therapy

Healing the family doesn't end when the addict graduates from rehab. Ongoing therapy for spouses, parents and children is a key component of a successful continuing care program. Addiction research shows that keeping the family involved in recovery process can make all the difference in the world in the chances of long-term success.

Families are encouraged to attend their weekly sessions/programs to get ongoing support, education and professional advice.

We at Duarehabhouse are committed to seeing you through not only treatment, but the life that comes afterward.

If you have any questions about our Continuing Care or need help, please contact 24 hours a day at (34825888/9).

If you or someone you love is struggling with alcohol or drug addiction, Duarehabhouse offers the expert care you need. Our medical leadership and treatment team are highly educated and experienced in the field of addiction, allowing them to provide the most comprehensive, in-depth treatment available, and will treat you with compassion, kindness and respect.

Speak confidentially with a Duarehabhouse recovery advisor (34825888/9)