

A person's legs are visible from the knees down, standing on a sandy beach. The background shows the ocean with gentle waves and a soft, hazy sky. The overall tone is calm and serene.

Addiction Therapy Necessary for Recovery

Find addiction treatment help
today at Beaches Recovery!

866.605.0532

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Addiction affects drug or alcohol users in several different ways. As such, addiction recovery provides a unique strategy that allows each person to recover in their own way. Beach Recovery provides an integrated approach to addiction therapy that includes both evidence-based and holistic programs.

Whether you need inpatient or outpatient services, you can get everything you need to get you on the road to recovery. We also provide aftercare and sober living houses as a means of relapse prevention. To find out more, feel free to contact our in Florida.



Why Choose an Addiction Treatment Center?

Those who abuse substances form an addiction to drugs or alcohol for different reasons. They also experience mental health issues in different ways. In fact, experienced both substance use and mental health disorders in 2018. As such, treatment centers

cannot offer a one-size-fits-all approach to recovery.

We provide an environment where addicts can feel comfortable talking about their feelings, relationships, work, finances, sex, fears, and addiction. You can feel more relaxed in a place where there is no judgment. Beach Recovery is a place where you can find common ground with others, grow together, focus on your recovery with fewer distractions.

Treatment We Offer at Beaches Recovery

Our addiction therapy treatment center offers a personalized treatment plan that addresses both your addiction and any mental health issues you may have. Treatment includes:

Evidence-Based Treatment

Evidence-based treatment (EBT) is a primary form of care that gets to the heart of your addiction. It includes both individual and group therapy that is based on scientific research and years of study and client observation. Through EBT we integrate proven methods such as:

- Cognitive-behavioral therapy
- Dialectical behavior therapy
- Experiential therapy
- Motivational interviewing
- Trauma therapy
- Psychotherapy

You receive the highest level of care from licensed professionals who truly care about your success.

Holistic Care

Holistic treatment focuses on wellness and healing the mind, body, and soul collectively. As a supplement to evidence-based treatment, holistic gives you a more well-rounded approach to recovery. We offer therapy and activities such as:

- Yoga therapy
- Mindfulness & meditation
- Art and music therapy
- Recreational and outdoor activities
- Massage therapy

"Beaches Recovery not only saved my life, but gave me a life beyond my wildest dreams. The loving and caring staff taught me the skills and tools necessary to continue sobriety after treatment as well as how to create the foundation for an amazing life. Not only do they care for you while in treatment, they provide a community to remain a part of after being a patient that is a huge part of my recovery today. I cannot thank Beaches enough for what they have done for me and so many others that have struggled and want a new life. If you want a life beyond your wildest dreams, Beaches Recovery is the place..."

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Individual and Group Therapy

Many of the treatments that you participate in occur in both individual and group settings. Individual talk therapy allows you to meet one-on-one with your counselor to talk

about issues you may not be ready to share with others. Plus, you get personalized care to suit your needs.

Group therapy at our addiction therapy treatment center allows you to learn from others who are also on the path to recovery. It is great for getting insight and promoting accountability to keep you on track.



Click on the image to see the video.

Dual Diagnoses: Treating the Whole Person

Addiction and mental disorders often go hand-in-hand. As such, you may need a separate treatment plan for each. This is our way of identifying the underlying causes of your addiction and treating co-occurring disorders. Your program begins with a comprehensive assessment of your condition.

Your therapist meets with you to discuss your addiction and any mental health issues you feel you may have. From there, they help you put together a treatment plan that can help you manage both your addiction and your disorder. If we can address the real issues behind our addiction, then you are more likely to stay clean.

Call us today at 866.605.0532.