

A person's profile is visible on the left side of the frame, looking out towards a sunset over the ocean. The background is a soft, blurred gradient of orange, yellow, and blue. A white rectangular box with a thin orange border is centered in the upper half of the image.

Trauma Therapy

Find addiction treatment help
today at Beaches Recovery!

866.274.9281

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Many of those who struggle with addiction to drugs and alcohol also face mental health issues that can make it more difficult to recover. A trauma therapy program can be an invaluable resource during treatment.

At Beaches Recovery, you'll find that we provide a comprehensive approach to overcoming chemical dependency, alcoholism, and co-occurring disorders. Many clients come to Beaches Recovery with a history of trauma. To that end, Beaches Recovery has trauma therapy counselors specially trained in working with trauma and post-traumatic stress disorder.



Your New Life Starts Now

Major trauma will frequently result in post-traumatic stress disorder, also known as PTSD. This condition can turn a person's life upside down, and one of the ways that some individuals deal with this disorder is by turning to drugs or alcohol. In order to treat addiction, therefore, it's crucial to also identify and treat the underlying trauma. For those with PTSD or a history of trauma, opting for an addiction treatment center that includes trauma therapy is vital.

Reach out to Beaches Recovery at 866.274.9281 today to learn more about our trauma therapy program and addiction treatment options in Jacksonville.



What Is a Trauma Therapy Program?

This program uses trauma-focused therapy, which helps participants understand how past traumatic experiences have impacted their current emotions and behaviors and develop healthy coping skills for the future.

Understanding PTSD

PTSD occurs when individuals are faced with mounting stress or anxiety after being involved in, or even witnessing, a traumatic event. Some of the symptoms of PTSD can include things like nightmares, insomnia, flashbacks, and outbursts of anger. After these sudden outbursts take place, PTSD sufferers can also experience guilt and depression over their behavior. Some of the causes of PTSD can include, but are certainly not limited to:

- Abuse during childhood
- Domestic abuse
- Sexual assault
- Witnessing a violent crime
- Military combat

Many individuals who struggle with PTSD never seek professional help. However, a treatment program that is designed to help individuals work through past trauma can be beneficial to those suffering from PTSD. In a trauma therapy program, clients process their experiences and discover healthy coping skills for the future.

How Trauma and PTSD Can Lead to Addiction

Reliving the trauma because of PTSD through nightmares and flashbacks means



unwanted, overwhelming emotions are constant. Some outbursts can also mean that PTSD sufferers are regularly feeling guilt or a total lack of control over their behavior and personality. In addition, many of those who suffer from PTSD have difficulty sleeping, as they might have nightmares or experience anxiety when trying to relax.

All of these things contribute to the possibility of substance abuse. Some individuals might turn to drug use to feel relief from flashbacks, panic attacks, or anxiety. Others might use alcohol to relax and feel comfortable in social settings.

In addition, some prescription drugs that can treat some of the symptoms of PTSD are also addictive. For example, benzodiazepines can help with panic attacks and insomnia, but can also cause dependency. Or individuals who have been in an accident, which can be a traumatic experience, might be prescribed an opioid pain reliever. While opioids are effective at managing pain, they are also incredibly addictive and can become an unhealthy coping mechanism for someone with PTSD.

Addiction and mental health issues can exacerbate each other. An individual with PTSD who uses drugs or alcohol to cope might find that they are more anxious or depressed as a result, which can make them want to use even more.

At Beaches Recovery, we understand the complex relationship between addiction and trauma. Our trauma therapy program provides targeted treatment to help our

clients both break free from dependency on drugs and alcohol and discover how to work through stress and negative emotions in a healthy way in the future.

"They found the loose screw, tightened it, and I'll never be the same. Beaches Recovery saved my life. I have been to 19 treatment centers across the country and Beaches was the only one that diagnosed me properly. I highly recommend this place."

Robby

What Is Involved with Trauma Therapy?

There are several different approaches to trauma therapy, but the objective of each method is to process traumatic feelings and events and learn to regulate emotions. For some clients, this is achieved through somatic experiencing, which is where individuals focus on their bodily sensations rather than emotions.

There are several principles that guide our trauma therapy program, which include:

- We understand the impact that trauma can have on an individual
- We can identify the signs and symptoms of trauma, even in clients who have not discussed past traumatic experiences
- Our team members use trauma-informed practices in all that we do
- Our goal is to never re-traumatize an individual in our care

Other means of therapy for PTSD include EDMR, or Eye Movement Desensitization and Reprocessing, as well as cognitive-behavioral therapy. Each of the various forms of therapy will seek to have clients distance themselves from fear, learn to better monitor and regulate their strong emotional responses, connect to a social support system, and break free from any self-destructive behavior like drug use.

EMDR is a way for clients to process their experiences by following their therapist's directions to move their eyes rapidly while thinking about their memories. This can desensitize them to the painful aspects of their experiences and reprocess them in a positive way.

In cognitive-behavioral therapy, clients work to understand why they respond to stress and other stimuli the way they do. They talk through their mindset and choices with their therapist and come up with new ways to approach difficult situations.



Click on the image to see the video.

Trauma Therapy as Part of Dual Diagnosis Programs

According to the U.S. Department of Veterans Affairs, as much as 7-8% of the population will have PTSD at some point in their lives.

Women are more likely than men to suffer from PTSD, though men and women are likely to experience different types of trauma in their lives. For instance, women are more likely to be victims of sexual assault, while men are more likely to serve in combat and witness death or injury.

Not everyone who experiences trauma will develop PTSD, and not everyone who has PTSD will develop an addiction to drugs and alcohol. While these things are linked, there are myriad reasons why an individual might struggle with drug and alcohol abuse.

In a dual diagnosis treatment program, clients work through addiction at the same time as they receive treatment for mental health issues. A dual diagnosis program can address all of the following:

- PTSD
- Alcoholism
- Substance use disorders
- Depression
- Anxiety
- Bipolar disorder

Trauma may be what is causing drug use for many clients. Therefore, it's not enough to just treat the physical symptoms of addiction. In order to truly break the pattern of drug use, clients need to prevent trauma from taking hold in their day-to-day lives. In a dual diagnosis program, they can develop healthy coping skills to help them face challenges in the future as well as work through past trauma and its impact on their lives.

Benefits of Trauma Therapy in Addiction Treatment

Trauma therapy is beneficial for many clients who are seeking addiction treatment because it treats the cause rather than the symptom. While everyone who is struggling with addiction has unique experiences, those with trauma in their past likely need to work through these memories to fully understand the roots of their substance abuse issues.

Without focusing on the trauma itself, some clients will eventually relapse when flashbacks, nightmares, or a lack of control come back. Therapy that treats the trauma, however, means that individuals will have control over their own lives and will be better equipped to tackle the challenges of breaking free from addiction.

Some of the other benefits of trauma therapy programs include:

Healthy coping skills

Those who have gone through trauma-focused therapy understand how to navigate difficult situations in the future

A newfound sense of control

Those who have processed past trauma can take back control of their lives and their narratives

Ability to be mindful in the present

Worries about panic attacks or other issues can keep some individuals from fully enjoying and experiencing the world around them

Understanding of generational trauma

For some, abuse and other forms of trauma have impacted their parents and grandparents, but understanding how to stop this cycle can prevent future generations from suffering

Discover how a trauma therapy program can help you by contacting a treatment center today.

"They are the most caring staff. The care is amazing. I truly opened up and found the root cause of a lot of problems that I didn't realize I had the facility is great the housing facility is amazing you're right on the beach you have yogurt and a lot of other activities. I miss being there but I know I had to go if it was up to me I could stay there forever this is an amazing place they really give you a chance to live your life over again in a good and positive way. I would recommend this place to anyone and everyone who needs help with their addiction this is the place to be I can honestly say that this place truly help me."

Anthony

Contact Beaches Recovery for Trauma Therapy Today

Reach out to our team at 866.274.9281 or contact us online to learn more about how our trauma therapy program could help you or your loved one recover.

At Beaches Recovery, we offer personalized treatment plans for every individual in our care. We understand that all of those in recovery have been through unique experiences. Some of those who enter our treatment programs struggle with past trauma, while others face challenges relating to anxiety or depression. Breaking the bonds of addiction is not easy. However, we offer support, structure, and evidence-based therapies to help all of those who want to overcome addiction.

Our treatment programs include:

- [Men's addiction treatment program](#)
- [Women's addiction treatment program](#)
- [Residential Rehab](#)
- [Partial hospitalization program](#)
- [Outpatient program](#)

We also offer specialized programs for first responders, executives, and students.

For addiction treatment programs that include trauma therapy, consider Beaches Recovery in Jacksonville, Florida. Accredited and offering dual diagnosis programs, our facility is ideal for those who struggle with PTSD alongside addiction. Call 866.274.9281, or [contact us online](#) today to begin your journey to recovery.

Learn More About Addiction Therapy at Beaches Recovery

At Beaches Recovery, our goal is to help you through every stage of your recovery from detox to rehab and aftercare. To find out more about our addiction treatment center, call us at 866.274.9281.