



Addiction Therapy Program

Call Evoke Wellness today at **866.430.9267**



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Addiction has become a serious problem in the United States. Those struggling often face harsh judgment and stigma. The reality is that people do not intend to become addicted to drugs or alcohol. Anyone, regardless of their background, can struggle with addiction. When left untreated, addiction significantly impacts all aspects of a person's life, including physical health, mental health, relationships, and responsibilities. Trying to overcome addiction on your own is not recommended. These efforts are often unsafe and ineffective, likely leading to additional misery. The best thing to do for your health and safety is to find an addiction facility that can provide you with a safe environment and the addiction programs you need to go through recovery.

At Evoke Wellness at Hilliard, we understand that individuals struggling with addiction have unique experiences, circumstances, needs, and goals for treatment and recovery. That is why we provide a variety of addiction therapy programs. We aim to treat addiction at its core to promote lasting recovery and wellness. While treatment is not easy, we know that recovery is possible. Do not wait any longer to get back the life you want. Call us at **866.430.9267** or connect with us online today.

Types of Addiction Therapy Programs

Our addiction therapy programs are evidence-based and designed to help our patients develop tools and strategies to maintain sobriety for the rest of their lives. Every patient is unique in what their needs and goals are for recovery. This will impact their treatment and recovery journey. Some patients will benefit from specific addiction therapy programs that others do not, and vice versa. Finding the right programs for you is essential for lasting recovery.

Some of the addiction therapy programs we offer are:

- Residential treatment program
- Intensive inpatient treatment program
- Dual diagnosis treatment program
- Men's rehab program
- Women's program
- Rehab aftercare program

Each of our programs aims to get to the core of the patient's addiction. At Evoke Wellness at Hilliard, patients have the time and space to reflect on their substance abuse and the factors that contributed to it. This is essential for learning how to positively change your behavior and thought patterns. If individuals do not address their triggers and negative thoughts, the risk of relapse is much higher. We aim to help our patients understand their addiction to make positive changes to their behavior and mindset.

What to Expect from an Addiction Therapy Program

Addiction is a complex disease to work through. Without proper treatment, the symptoms and side effects will only get worse over time. At Evoke Wellness at Hilliard, patients participate in our addiction therapy programs to build a foundation for lasting recovery. This is a process that requires time and effort. For individuals looking to recover from addiction and improve their lives, our staff can help you. While everyone's experience will be different, there are some things patients can expect from participating in an addiction therapy program in Columbus, OH. Our staff creates individualized treatment plans that best meet patients' needs and align with their goals. The desired outcome for each patient is for them to heal physically, mentally, and emotionally and to learn effective strategies to maintain long-lasting recovery.

"Evoke Wellness Ohio truly saved my life. No words can describe my gratitude I have for each and every staff

I love you all at Evoke Wellness"

- Lori H.



Benefits of Addiction Therapy

Addiction therapy can greatly benefit individuals struggling with various forms of addiction. It is a form of treatment that aims to help patients overcome their addictive behaviors and achieve long-term recovery. Through different therapeutic techniques, addiction therapists provide support and guidance to those seeking help in their journey towards sobriety.

Some key benefits of addiction therapy include:



Providing a safe space for individuals to open up and share their struggles and experiences without fear of judgment

Helping individuals identify and address underlying issues that may contribute to their addiction



Teaching coping mechanisms and healthy ways to deal with stress, triggers, and cravings

Encouraging self-reflection and promoting personal growth and development



Assisting in developing strong support systems for ongoing recovery

Offering a non-judgmental and empathetic perspective to help individuals understand the root causes of their addiction



Providing guidance and support throughout the recovery process, including aftercare planning

Addiction therapy can also be tailored to meet the specific needs and preferences of each individual, making it a highly personalized form of treatment. This allows for a more effective approach to addressing unique challenges and promoting long-term success.

Our Addiction Therapy Programs in Hilliard, Ohio

At our addiction therapy center in Hilliard, Ohio, we understand that addiction is a complex disease that affects individuals physically, mentally, and emotionally. As such, we offer a comprehensive range of evidence-based treatment programs to help our clients achieve long-term recovery.

Our therapy programs are designed to address the root causes of addiction and provide individuals with tools and strategies to overcome their substance use disorder. We have a team of experienced therapists who are trained in various modalities.

Acceptance and Commitment Therapy (ACT)

ACT is a form of psychotherapy that focuses on helping individuals overcome difficult emotions and behaviors. It combines mindfulness techniques with traditional cognitive-behavioral therapy to help individuals change their thought patterns and increase psychological flexibility.

Aversion Therapy

Aversion therapy involves creating an unpleasant stimulus in response to a desired behavior or substance. The goal is to associate the behavior or substance with a negative response, making it less appealing and reducing the likelihood of relapse.

Cognitive-Behavioral Therapy (CBT)

CBT is a type of psychotherapy that is effective in treating a variety of mental health conditions, including addiction. CBT is based on the idea that our thoughts, feelings, and behaviors are interconnected and can influence one another. By changing our thoughts and behaviors, we can also change how we feel.

Dialectical Behavior Therapy (DBT)

DBT is a type of psychotherapy that was initially developed to treat people with borderline personality disorder. However, it has also been found to be effective in treating other mental health conditions such as depression, anxiety, and substance use disorders.

Family Therapy

Family therapy is a form of psychotherapy that aims to improve communication and resolve conflicts between family members. It focuses on treating the entire family unit rather than just one individual. Family therapy has been proven to be effective in treating various mental health issues, including addiction.

Group Therapy

Group therapy has been proven to be an effective treatment for addiction. It involves a group of individuals with similar struggles coming together to share their experiences, provide support, and learn coping strategies from one another. This type of therapy is often led by a trained professional and can take various forms, such as psychotherapy, support groups, or educational sessions.

Holistic Therapies

Holistic therapies have gained popularity in recent years as a complementary treatment for addiction. These therapies focus on treating the whole person—mind, body, and spirit—rather than just addressing the symptoms of addiction. They aim to help individuals repair and restore their physical, emotional, and spiritual well-being. Our holistic therapy options include massage therapy, music therapy, and meditative therapy.

Motivational Interviewing

Motivational interviewing seeks to evoke internal motivation within individuals for positive behavior change. This is achieved through empathetic and non-judgmental communication, as well as by exploring individual strengths and values.

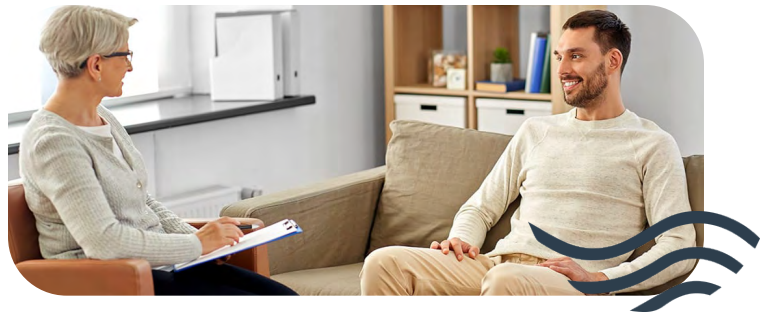
Relapse Prevention Therapy

Relapse prevention is an essential part of treating addiction. It involves identifying and addressing the factors that can lead to a relapse, such as triggers, stressors, and cravings. By understanding these risk factors and developing strategies to cope with them, individuals in recovery can greatly reduce their chances of returning to use.

Trauma Therapy

Trauma-focused therapy focuses on processing and healing the underlying trauma that may be contributing to an individual's addictive behaviors. This type of therapy can help individuals better understand and manage their emotions, thoughts, and behaviors related to their addiction.

Our team will create an individualized treatment plan that suits your unique needs and goals to ensure you build a solid foundation for recovery.



Co-Occurring Disorders Treatment at Evoke Wellness Ohio

In addition to our addiction therapy programs, Evoke Wellness Ohio offers treatment to address mental health conditions that can impact substance use disorder. We provide co-occurring disorders treatment for the following mental health concerns:

- Anxiety
- Bipolar disorder
- Depression
- PTSD

There are several reasons why someone with an unaddressed mental health condition may turn to substance use as a coping mechanism. These include self-medicating with drugs or alcohol to alleviate symptoms of anxiety, depression, or other mental health conditions. Additionally, substance use can temporarily provide relief from distressing thoughts and emotions.

Treating both mental health conditions and SUD is important because they are intertwined and often reinforce each other. For example, substance use can exacerbate symptoms of a mental health condition, making it harder to manage and recover from the condition. In turn, unaddressed mental health conditions can also increase the risk of developing an SUD. Treating both conditions simultaneously can lead to better outcomes for individuals.

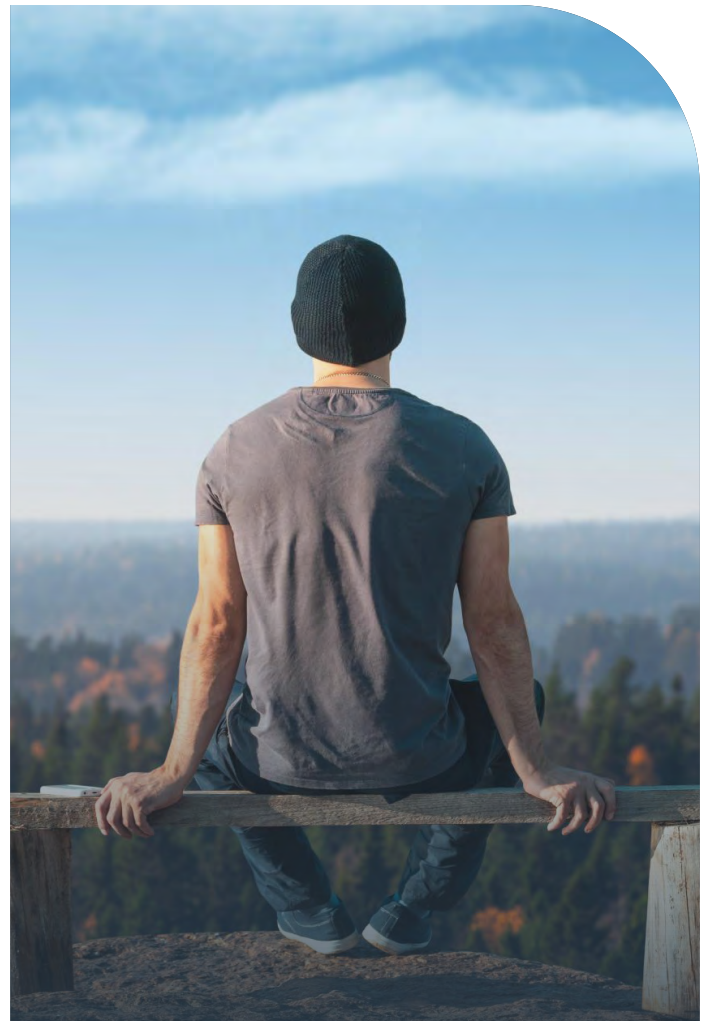
Find an Addiction Therapy Program in Columbus, OH, at Evoke Wellness at Hilliard

If you are looking for addiction therapy programs in Columbus, OH, consider Evoke Wellness at Hilliard. We believe everyone should have access to high-quality care and support in their struggles with addiction. We understand how quickly and severely substance abuse can impact a person's entire life. However, with the right treatment and addiction therapy programs, it is possible to achieve lifelong sobriety. Anyone ready to begin their recovery journey should contact Evoke Wellness at Hilliard at **866.430.9267** or fill out our online form and let us get back to you.



"Evoke Wellness is by far the best treatment center I've encountered. Amazing staff and program. I highly recommend this to anyone in need of help."

- Christopher S.



Contact Evoke Wellness Today, Tonight, or Whenever You're in Need

Receive 24/7 text support any time you need it. There's no obligation to enter treatment, and you can opt out at any time.

