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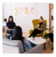

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What is Holistic Addiction Treatment?

By Impact Outpatient Program

Holistic addiction treatment is designed to provide the best options for individuals struggling to get clean and maintain sobriety.

At Impact IOP, our Kentucky rehab offers a holistic approach to outpatient treatment that helps our clients get even more out of rehabilitation. Contact an admissions coordinator today to see how we can support you on your journey of recovery.

What is Holistic Addiction Treatment?

Individuals who participate in a more holistic substance abuse treatment are more apt to be accepting of the alternative and unique therapies that set individual treatment centers apart.

Holistic addiction recovery refers to a comprehensive approach to healing from substance abuse disorders. Individuals who prefer a holistic approach to addiction treatment will be accepting of alternative physical, mental, and emotional therapies that help them heal from the traumas of addiction.

Holistic treatment will help addicts look beyond the immediate causes of addiction and encourage them to search for and address all their concerns through multiple means.

What are Examples of Holistic Treatment?

Holistic treatment typically falls into one of three subcategories outside traditional treatment programs. First, holistic treatment helps clients focus on the physical, mental, or emotional aspects of healing. This can be a dramatic change from traditional addiction treatment, which has individuals focus on changing their thinking and what they can control in the moment. Through holistic therapy for addiction, these applicable skills can be used to help maintain sobriety and practice self-care.

Holistic addiction treatment pushes individuals to focus on their body and their healing. Individuals who become addicted to drugs often struggle with health concerns related to use. Rapid weight loss or gain can have a detrimental impact on the body, as well as the effects the chemicals have. Many holistic treatment programs will feature nutritionists, weight trainers, or even Yoga instructors to facilitate the return to physical health as part of a holistic treatment program.

Mental health treatments are also a part of holistic addiction recovery. Mental health treatments outside of Cognitive Behavioral Therapy and other traditional methods that help people to refocus their thinking include Rapid Eye Movement Desensitization and acupuncture. Both of these treatments focus on improving clients' mental health through calming and relaxation.

Lastly, the emotional aspect of healing is one of the most important in holistic addiction treatment. It focuses on multiple types of art and expression therapy designed to allow clients to emote in a safe space through various mediums. Music, art, writing, and dance therapy are all designed to provide clients the opportunity to express themselves.

When is a Holistic Approach to Addiction Treatment Beneficial?

A holistic approach to addiction treatment is beneficial in many instances. For example, individuals who have struggled with traditional treatment, those who are just starting out, and young adults are some of the client groups that benefit most from a holistic approach to addiction treatment.

Those who have struggled with traditional treatment programs in the past may benefit significantly from a more holistic approach to treatment. When an individual is not successful, they may not be in the correct type of program, they may be unengaged, or they may feel that the treatment is not correct for them. However, those individuals are often met with success in holistic addiction treatment programs because of the personalization and support they receive throughout treatment.

Another group that benefits greatly from a holistic approach to addiction treatment is those just starting out. When an individual is new to therapy, finding a program with options that is supportive and flexible offers an opportunity to get started with the best.

Young adults are the last group to benefit significantly from a holistic approach to addiction treatment. The traditional aspects of addiction treatment often fall flat on a generation that spends most of their time collaborating and mixing media. Continuing that process through addiction treatment can help young adults view the similarities and make better life-long choices.

How to Find Holistic Addiction Treatment Programs

Holistic treatment programs are available nationwide. However, we believe our intensive outpatient program in Lousiville, Kentucky offers the best local support for individuals who are looking for an interactive and supportive way to get clean.
Contact us today to see how we can help you get back on track with a holistic treatment through our Louisville outpatient treatment program.

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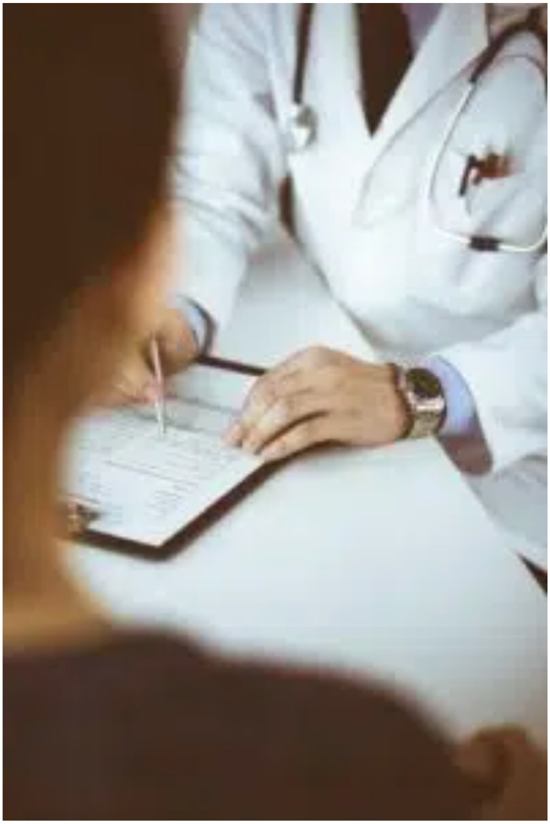

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What We Treat

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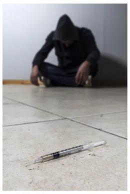

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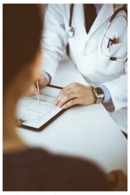

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Impact Outpatient Program is an innovative, intensive outpatient program for substance abuse and co-occurring disorders, located just outside metro Louisville, in Mount Washington, Kentucky.

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