

Types of Non-Traditional Therapy in Addiction Treatment

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Addiction is real and it can cause you or your loved ones to stumble off course and not be well. One way to overcome addiction is through various treatment options. The reality is that there aren't always one-size-fits all solutions. Regardless of how you go about it, the goal is to get and stay sober.

The best way to beat addiction is through some sort of treatment. Keep in mind that each person responds differently and there isn't one treatment option out there. Besides detox, group therapy, and individual therapy, there are other ways to treat addiction. If you're looking for additional options and alternatives then learn more about different types of non-traditional therapy in addiction treatment.

Yoga

One type of non-traditional therapy in addiction treatment is yoga. It's an ancient practice rooted in Indian philosophy. It has gained popularity all over the world in recent years and continues to be an activity many people enjoy doing today. In the US, yoga tends to focus on physical postures, breathing techniques, and meditation. It is a practice that supports recovery since it helps reduce stress, create more balance, and reinforce positive health habits. Yoga has both physical and mental health benefits. It works in recovery because with it you can offer a more holistic approach to healing.

Music & Art Therapy

Another type of non-traditional therapy in addiction treatment is music therapy. In this case, you use music in a therapeutic way. Consider how quickly listening to your favorite or beloved song can alter your mood. On the other hand, some music may make you feel sad or less energized. There are many ways to use music to help addiction such as guided imagery, listening to and playing it, and music creation to work through health problems and emotions. You can use music to express your feelings in new and different ways and almost everyone has a connection to music. In addition to music, you can draw, paint, or sculpt your way to better health. It's a way to communicate more effectively, tap into your creative side, and help you relax.

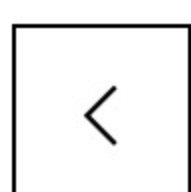
Meditation

If you or someone you know has an addiction then consider using meditation as a treatment option. The practice of mindfulness meditation focuses on training the mind to be and live more in the present moment. You not only learn to be attentive to the present moment and what you're doing at the time but to do so in a non-judgmental way. It not only helps people with addiction, depression, anxiety, and PTSD but plays a vital role in helping prevent relapse.

Adventure Therapy

You can also use adventure therapy when thinking about taking advantage of non-traditional therapies in addiction treatment. It's a way to pair an activity with therapy. You can meet with your therapist in the morning and in the afternoon go on a hike or spend time in nature and do some outdoor activities. Movement and a change of scenery, along with talking about your problems with your therapist might just be the formula you need to treat your addiction and improve your health and wellbeing.

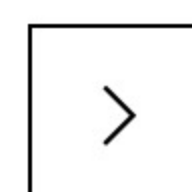
Are you looking to get treatment near you? If so, contact Grand Falls Addiction Treatment Center and we'll help you get on the path to better health and finding peace in your life.



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