

What Is A Non-12-Step Approach To Substance Abuse Therapy

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Substance abuse disorder affects people differently so it's only natural to have different treatment approaches. When it comes to addressing addiction treatment, traditional 12-step programs have been widely recognized for their effectiveness. However, the spiritual and group-oriented aspects of this approach may not appeal to everyone, giving rise to alternatives or what's known as the non-12-step approach to substance abuse therapy.

Understanding the Non-12-Step Approach

This alternative model offers a different perspective to addiction treatment choosing to focus on individualized treatment and diverse therapeutic interventions. While 12-step programs such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA) emphasize surrendering to a higher power, admitting powerlessness over addiction, and active participation in group meetings, the non-12-step approach instead tailors treatment to suit the unique needs and preferences of each individual.

Additionally, non-12-step models are secular, encouraging individuals to find motivation within themselves for recovery instead of turning to a higher power. They are also flexible in their approach, allowing for a more tailored and adaptable therapeutic journey which in turn increases the likelihood of sustained recovery.

Examples of substance abuse treatment models that don't follow the traditional 12 steps include; evidence-based treatments (e.g. cognitive behavioral therapy (CBT), motivational interviewing (MI) and dialectical behavior therapy (DBT)), the Stages of Change model, experiential therapy and holistic therapy.

Key Components of the Non-12-Step Approach

These non-12-step approaches to addiction treatment share some components including:

- **Individualized treatment plans** – Non-12-step programs make use of personalized treatment plans that consider an individual's specific history, challenges, and recovery goals. This helps create a customized approach rather than a one-size-fits-all model.
- **Empowerment and self-discovery** – These therapies empower individuals to take control of their recovery journey by encouraging self-discovery, self-confidence, and the development of coping mechanisms to manage triggers and cravings.
- **Life skills training** – Non-12 step programs emphasize equipping individuals with practical life skills that support long-term recovery. This may include teaching them communication skills, problem-solving techniques, and stress management.
- **Behavior change** – Behavior change is a key component of non-12-step programs. Through CBT, MI, and other methods, individuals are empowered to identify and change unhealthy thoughts and behavior patterns associated with substance abuse.
- **Peer support groups** – While peer support groups are found in traditional 12-step models, non-12-step approaches emphasize flexible and diverse group structures that cater to individual comfort levels.

Embrace a New Beginning

If you're just getting started on your recovery, it can be confusing to know whether to go for the traditional 12-step approach or whether a non-12-step approach is better for you. We at the [Grand Falls Center for Recovery](#) can help you decide. As a [premier rehab facility in Missouri](#), we have a proven track record of exceptional care and world-class [addiction treatment](#). We provide comprehensive and compassionate care to those struggling with [drug and alcohol addiction](#) and we'll be with you from detox to aftercare. Reach out to us today and we'll be glad to guide you on our recovery journey.

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