

A background image of a dense forest of evergreen trees, heavily shrouded in a thick, white fog or mist. The scene is captured from a slightly elevated perspective, looking down into the forest. The overall color palette is muted, consisting of various shades of blue, grey, and white, creating a serene and somewhat somber atmosphere.

HOLISTIC DRUG REHAB THERAPY

**CALL CRESTVIEW RECOVERY TODAY.
(866) 262-0531**

Using holistic drug rehab therapy to treat drug addiction can help you in each stage of your recovery. Along with reducing stress, holistic therapies can improve the overall well-being of individuals who are struggling with addiction. This approach plays a vital role in helping people regain personal balance. In fact, research even suggests that holistic therapy can improve the success of [addiction treatment](#).



WHAT IS HOLISTIC THERAPY?

Holistic therapies use methods that are not necessarily medical. Therefore, holistic therapies complement regular recovery practices. The purpose of holistic therapy treatment is to align the body, mind, and spirit. In medicine, the term “holistic” refers to treating the entire body. This includes physical, [mental](#), spiritual, and social health. Traditional therapy addresses your addiction. But these therapies may not fully alleviate or even address issues like anxiety, stress, or depression. A key feature of nearly all holistic [drug therapy](#) is teaching you how to relax and center yourself. In this way, holistic therapy allows you to restore balance to your life. It helps you recognize and deal with unhealthy habits as well as remove environmental toxins from your body. Overall, this type of therapy deepens your understanding of yourself and others, widens your perspective, and puts you at ease.

Rehab centers that offer holistic therapies offer various types. In fact, at our [addiction](#)

17.9 million people who required treatment for addiction in 2018 did not receive it.

Holistic therapies heal your mind and body to help you overcome addiction.

Learn more by calling [Crestview Recovery](#) at 866.262.0531 today.

[recovery program](#) at Crestview Recovery, we combine these different types of therapy to provide you with the best care possible.

OPIOID ADDICTION FACTS AND STATS



1.7 million Americans struggled with addiction to pain relievers in 2018.



In 2018, 2.0 million Americans ages 12 and older were addicted to opioids.



Close to 526,000 people in America struggled with heroin addiction in 2018.



Addiction is an issue that is running rampant across the nation. A holistic drug rehab, such as Crestview Recovery, can help you overcome your dependence on substances.

We use a range of therapeutic options to help people from all walks of life defeat addiction. To learn more about your treatment options, contact Crestview Recovery today.



Source:

<https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHNationalFindingsReport2018/NSDUHNationalFindingsReport2018.pdf>

WHAT DO HOLISTIC THERAPIES ACCOMPLISH?

Treating the mental and physical symptoms of drug addiction is important. In addition to these symptoms, holistic therapies also correct imbalances with emotions and nutrition. Treatment programs primarily focus on [detoxing](#) your body from drugs or alcohol. Often, they do not consider looking into your diet or examining your degree of exercise as part of your detox. However, when you are abusing substances, you tend to make poor or simply convenient decisions regarding what you eat and drink. This kind of inattentive habit is one of the things holistic therapy looks to address.

Our addiction treatment offers programs such as:

- **Dual Diagnosis Treatment**
- **Intensive Outpatient Treatment**
- **Mental Health Disorder Treatment**
- **Extended Care Addiction Treatment**
- **Life Skills Program**

There is no debate that what you eat affects your mood. Emotional eating is not about hunger. Routinely, it is about the mind and body's reaction to stress. In holistic therapy, you will cleanse your body of toxins that push you towards lethargy or worry. At the same time, you will learn new techniques to aid you in creating healthy habits. These will increase your mental and emotional health.

Also, with a calm, focused mind, you and your therapist will be in a better position to address your physical needs. One main goal of holistic therapies is to detect the root cause of addiction. Additionally, another goal of therapy is to reduce the allure of drugs and increase resistance to cravings. Other goals include improving physical fitness and raising self-confidence. They might even help those in recovery sleep better.

Holistic therapies do not have to be the same for everyone. The plans are flexible so that they can cater to the needs of every person.

TYPES OF HOLISTIC THERAPIES FOR ADDICTION

As mentioned, Crestview Recovery uses several types of holistic therapy to help people with addiction. Following are some of the main types and options through Crestview Recovery:

- **Accupuncture and Massage:** These are therapies that help the body relax, reduce stress, and restore balance.
- **Mindfulness Meditation Therapy:** This approach helps clear the mind. Tai chi and yoga are frequently used for meditation fo promote focus.

- **Nutrition Therapy:** Being healthy is one of the main aspects of seeking health for addiction. This type of therapy determines what types of food each person needs to beat addiction and improve their overall health.
- **Recreational Therapy:** This holistic approach creates structure, relieves stress, and makes the body stronger. Activities can range from biking and hiking to camping and rock climbing.

MORE EXAMPLES OF HOLISTIC THERAPY APPROACHES

Other examples of holistic approaches include animal, music, and [art therapy](#). Art therapy is especially popular and useful because it allows individuals to explore and express their thoughts and feelings. Additionally, it also has practical physical benefit. Often, art therapy will improve sensory-motor functions.



When you draw, paint, or work with a material, you cultivate a physical connection. Your hand-eye coordination improves. As a result, individuals often find that their self-esteem increases. Additionally, their self-awareness increases. The physical act of painting, drawing, collaging, crafting, or creative writing, gives you insight into your feelings as well as the perspectives of others. You learn and see how others reduce and resolve conflict, both internally and externally. Also, the process builds up your resilience. It allows you to develop a healthy way to express your worries, concerns, beliefs, hopes, and dreams.

In addition, some rehab clinics include journaling as therapy and even offer a [hypnotherapy program](#).

Over 9 million adults have a co-occurring disorder.

Heal your mind, body, and soul through our holistic therapies. Contact Crestview Recovery at 866.262.0531 today.

COMBINING REGULAR TREATMENTS AND HOLISTIC REHAB

Holistic therapies are the most effective when rehab centers use them in addition to regular treatment methods. At Crestview Recovery, we use them in all of our programs. For example, some therapies pair well with counseling to treat mild to severe addictions. This is because they reduce stress and promote healing.

We provide numerous traditional and alternative therapies, including:

- **Group Therapy**
- **Mindfulness Meditation Therapy**
- **Trauma Therapy**
- **Cognitive Behavioral Therapy**
- **Family Therapy**

“This is a wonderful treatment center, this place saved my life. Treatment is what you make of it, some people just aren’t ready to get sober. However, if you are genuinely ready to give recovery an honest chance this treatment is the perfect place to go.”

Logan

Treatment centers often pair [meditation](#) and [yoga](#) with cognitive behavioral therapy. Since these activities help people cope with emotional stress, they decrease the chance of relapse. Outside of rehab, holistic therapies pair well with continued treatment. This includes [12-step programs](#) and regular therapy.

Holistic and traditional therapies are tools to help individuals on their unique path towards recovery. Because no two people heal from substance abuse or addiction, in the same way, effective treatment requires various therapies.

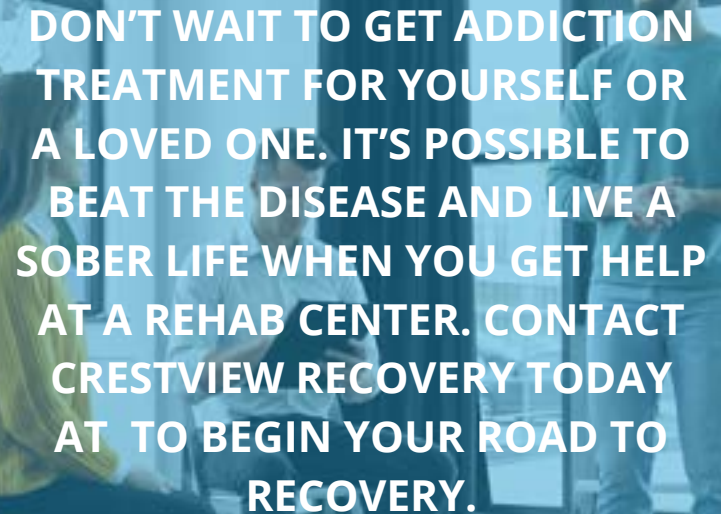
MORE ABOUT OUR HOLISTIC DRUG REHAB IN PORTLAND

Part of using holistic therapies to aid addiction recovery is spending time in nature. Getting therapy in a natural, safe environment can give individuals the chance to nourish their spiritual sides. Because of this, Crestview Recovery provides this atmosphere at its location in [Portland, OR](#). Some of the recreational activities that we offer include:

- Skiing
- Snowboarding
- White-water rafting

From treatment to aftercare, Crestview Recovery guides men and women through every step of recovery. Our expert therapists use dual diagnosis, one-on-one, and trauma therapies. Most importantly,

we work with patients from all over the country.



DON'T WAIT TO GET ADDICTION TREATMENT FOR YOURSELF OR A LOVED ONE. IT'S POSSIBLE TO BEAT THE DISEASE AND LIVE A SOBER LIFE WHEN YOU GET HELP AT A REHAB CENTER. CONTACT CRESTVIEW RECOVERY TODAY AT TO BEGIN YOUR ROAD TO RECOVERY.

**CONTACT US TODAY AT
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so we can help you begin the road to recovery.