



## Addiction Therapy Program

**OTC's Addiction Therapy Program** is designed to help individuals overcome substance abuse or other addictive behavior by addressing the underlying causes, providing support, and teaching coping skills.

### The Program

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| <p><b>Assessment and Evaluation</b></p>               | <p>In this module, the therapist will conduct an assessment to determine the severity of the addiction, identify any underlying issues, and create an individualized treatment plan. o create a positive emotional climate in your relationship by fostering appreciation, fondness, and admiration for each other.</p>  |
| <p><b>Psychoeducation</b></p>                         | <p>Psychoeducation involves providing information about addiction, including its causes, effects, and treatment options.</p>   |
| <p><b>Goal Setting</b></p>                            | <p>Goal setting involves working with the individual to set achievable, measurable goals related to their recovery.</p>  |
| <p><b>Solution-Focused Brief Therapy (SFBT)</b></p>   | <p>SFBT is a goal-oriented therapy that focuses on finding solutions rather than dwelling on problems. The therapist helps the individual identify their strengths and resources to create a plan for change.</p>  |
| <p><b>Acceptance and Commitment Therapy (ACT)</b></p> | <p>ACT is a mindfulness-based therapy that helps individuals learn to accept difficult thoughts and emotions and commit to making positive changes in their lives.</p>   |
| <p><b>Behavioural Awareness</b></p>                   | <p>This module focuses on developing mindfulness skills to increase awareness of thoughts, emotions, and behaviors and learn how to regulate them effectively.</p>   |
| <p><b>Motivational Interviewing (MI)</b></p>          | <p>MI is an intervention designed for situations in which a patient needs to make a behaviour change but is unsure about it, sometimes to the extent of being quite hostile to the idea. It builds on the idea that the first step in any consultation is to get a conversation going. It then uses strategies to focus this conversation on behaviour change, and to ensure that the patient is helped to consider change as an option. MI is an intervention designed for situations in which a people need to make a behaviour change but are unsure about it, and sometimes get hostile.</p> |

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| <b>Emotion Regulation</b> | Emotion regulation involves teaching individuals' skills to manage their emotions effectively and cope with difficult situations without turning to substances.  |
| <b>Relapse Prevention</b> | Addiction is a chronic disease, and relapse is a common occurrence. This module provides tools and strategies to prevent relapse and manage triggers effectively.  |
| <b>Coping Skills</b>      | Coping skills involve teaching better ways to cope with stress and other triggers that may lead to substance use.  |
| <b>Goal Setting</b>       | SFBT is a goal-oriented therapy that focuses on finding solutions rather than dwelling on problems. The therapist helps the individual identify their strengths and resources to create a plan for change. |
| <b>Family Dynamics</b>    | Addiction affects not only the individual but also their loved ones. This module can help individuals improve their relationships with family members and develop healthy communication skills.            |
| <b>Aftercare Planning</b> | This module involves creating a plan for ongoing support and treatment after leaving the addiction program.  |



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