Healing Addiction with Holistic Therapies

Addiction to drugs or alcohol can take over a person’s life. An individual’s dependency on these substances can alter their behavior, mood, and even mental and physical well-being. This is why there is a need to address the condition as soon as its signs and symptoms are felt and seen.

One of today’s more popular approaches for treating addiction is using holistic therapies. Holistic rehab centers attempt to heal the body, mind, and spirit from the damages of addiction. This approach to addiction recovery focuses on the person’s overall well-being while treating the other symptoms of addiction and withdrawal as well.

Sometimes people begin abusing substance to [self-medicate](https://www.bumc.bu.edu/busm/2016/05/10/many-patients-abusing-drugs-and-alcohol-are-self-medicating-chronic-pain/) and treat symptoms of depression, anxiety and other mental health issues. Holistic addiction treatment brings self-medicating to the attention of patients and showing them natural ways to cope with certain mental issues.

**Holistic Therapy and Substance Addiction**

Holistic drug rehab is usually a personalized, non-medical form of addiction treatment and recovery. Typically, this style of rehab offers addiction education, private counseling and introduces patients to many different holistic therapies. These holistic therapies are designed to help addicts in recovery stay sober after leaving treatment and serve as great tools for coping

Some [holistic therapies](https://www.sunshinebehavioralhealth.com/treatment/holistic-rehab/) may include yoga, guided meditation, massage, psychotherapy, acupuncture, art therapy music therapy, routine exercise, spiritual guidance, counseling, and nutritional guidance. The plans for this approach are flexible and caters to the specific needs and interests of each person.

Holistic therapies seek to identify the underlying causes of addiction, strengthen a person’s resolve against cravings, promote physical fitness, promote mental clarity, reduce the desire to use substances, and increase self-confidence.

This kind of approach seeks to deal with several factors that may have contributed to the addiction. Among them are:

* Physical symptoms of the addiction and withdrawal
* The absence of a spiritual grounding that makes the high of substances very appealing
* An emotional imbalance that led to substance abuse
* Environmental toxins that led to the need for the use of a substance, which in turn is misused and abused
* Unhealthy eating habits that resulted in a neurochemical imbalance

**Benefits of Holistic Therapy in Addiction Treatment**

Engaging in holistic addiction therapies has several benefits, which includes:

1. Provides Positive and Fun Coping Skills

Individuals who are engaged in holistic therapy are constantly working to better their lives. As they begin to see and feel the results of holistic therapy they should be less likely to go back to drugs or alcohol. These therapies act as helpful [coping skills](https://www.nami.org/Blogs/NAMI-Blog/March-2018/Self-Help-Techniques-for-Coping-with-Mental-Illnes) for addicts in recovery.

1. Helps Fight Boredom

A major problem many have after rehab is [combating boredom](https://pro.psychcentral.com/recovery-expert/2016/03/battling-boredom-in-early-recovery/). Yes, you are busy putting your life back together, but those moments when there is nothing to do can cause cravings and triggers. Holistic therapies help people occupy their free time and teaches people how to value their down time and find peace without drugs or alcohol.

1. Helps Expand Social Life

People in recovery have to start over, associating with old friends is a great way to relapse. During this time people can start to feel lonely, holistic therapies allow people in this position to join a class and meet new people. Activities like yoga, tai-chi, art therapy, mediation, and more are usually offered in the form of classes and can be found in your community or near by. This allows people in recovery to make new, positive friends.

1. Great Aftercare Programs

Seeking treatment is not just about what happens during the program. The aftercare program is of equal importance. This is what the holistic approach recognizes. It acknowledges the fact that the treatment does not end after the person leaves the facility. Follow through sessions and therapies must be undertaken to ensure a successful recovery. These aftercare programs supplement the support necessary to keep an individual from experiencing a relapse.

1. Helps People Find Happiness and Purpose

A lot of people use drugs or alcohol to begin with in attempt to fill a void. People look to drugs and alcohol for happiness and in most cases end up addicted and more sad. Practicing holistic therapies helps improve moods and can lead people down the road to a happy lifestyle, decreasing their desire to use.

**The Success Behind Holistic Addiction Treatment**

All people are complex in their own ways. Each one has their unique quirkiness, both good and bad. A holistic approach to addiction treatment is highly successful in treating the condition because it looks into the totality of a person, including all of their distinctive traits. It does not only look at some parts.

Getting over an addiction is a very challenging process. It requires not only the resolve of the person to change but also the support of everyone in that individual’s life. Holistic therapy serves as a helpful tool in any person's recovery tool kit.