

A person wearing a yellow long-sleeved shirt and a wide-brimmed hat is sitting on a large rock, looking out over a scenic landscape. The landscape features a large, clear blue lake in the middle ground, surrounded by rocky terrain and sparse vegetation. In the background, there are large, rugged mountains under a clear sky. The entire image has a blue tint.

INDIVIDUAL THERAPY FOR DRUG AND ALCOHOL ADDICTION

CALL CRESTVIEW RECOVERY TODAY.
(866) 262-0531

The best way to recover from drug addiction is by using a comprehensive treatment approach. One of the most popular and effective methods of treatment is individual therapy. Take a closer look at why one-on-one therapy works and how it can be beneficial to patients in our [holistic drug rehab](#).



HOW INDIVIDUAL TREATMENT WORKS

Individual therapy involves just two people: the patient and the therapist. While the exact duration and frequency of individual therapy can change, sessions often last for one hour. Our treatment center offers them once per week, depending on how often you may need it.

This type of one-on-one therapy works by addressing the specific problems a person might have. In the world of addiction

treatment, common problems might be the shame that society associates with drug or [alcohol addiction](#), the difficulty of recovery withdrawal, or struggles with relapse.

Above all, one-on-one therapy works by allowing patients to have a safe space where they can share information without judgment. Therapists have a unique position where patients trust them with sensitive information. Patients know that their therapists will not pass judgment or cause problems in relationships or careers in the future. This support, guidance, and advice are critical during recovery from addiction.

“Great facilities, compassionate and knowledgeable staff....this place will show you how to save your life, and how to be happy doing it.”

Andrew



9.9 million people misused opioid pain relievers in 2018.

Do not wait to get individual treatment for addiction. Contact [Crestview Recovery in Portland, OR](#) today so we can help you get treatment.

PRIVACY ENCOURAGES HONESTY AND SHARING

Individual therapy allows an individual to achieve a more personal connection than group therapy. Individual therapy is also private. This encourages patients to be more open and honest about their feelings and experiences. This is vital, and it can be a big factor in how well patients recover.

For example, not all patients feel comfortable sharing their past trauma with a large group. However, a history of trauma might be a key piece of information to help individuals recover from addiction. Similarly, patients might not want to share that they are having suicidal thoughts with their peers. Revealing this to a therapist is much easier. In individual therapy, there is a safe space and understanding of privacy.

Both group and individual sessions are supposed to be private and anonymous.

However, not all patients trust their peers completely. Therapists and other medical professionals, however, have a commitment not to share personal details in any circumstances.



Do not wait to get individual treatment for drug or [alcohol addiction](#). Contact Crestview Recovery today at 866.262.0531 to get started on treatment.

ENCOURAGE BETTER COMMUNICATION SKILLS

One of the skills that individuals have to improve in recovery is the ability to communicate effectively. In large group settings, some individuals feel overwhelmed. They may struggle to feel

heard or to speak out.

In one-on-one therapy sessions, patients are able to greatly improve their communication skills. Therapists ask specific questions that help their patients share information. Additionally, patients have to think critically and be specific about their responses. This form of therapy also allows the patient to feel heard and understood by someone. This is not always easy to do while in recovery.



Individual therapy is an essential part of substance abuse treatment. At Crestview Recovery, we offer each of our patients a range of therapy options that we tailor to their individual needs.



To learn more about your treatment options, contact the experts at Crestview Recovery.

OPIOID ADDICTION FACTS AND STATS



The United States government estimates that over 164.8 million people used a substance such as alcohol or other drugs in 2018 within a month of the survey.



In 2018, the United States government estimated that 21.2 million people over the age of 12 needed substance abuse treatment.



In the same year, 3.7 million people sought substance abuse treatment.

Source:

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

DEEPER THAN GENERAL GROUP THERAPY

Group therapy is a wonderful way to feel connected to peers and to discuss general topics. For more in-depth conversations and exploration, individual therapy is ideal.

In a one-on-one setting, individuals can bring up specific issues that might only apply to them. Parenting, relapse prevention techniques or mental health can all be the focus of therapy sessions in this more private setting.

WHY CHOOSE CRESTVIEW RECOVERY?

At Crestview Recovery, there is nothing we take more seriously than your recovery. We know that many different people struggle with a variety of addictions. None of them are precisely the same. Therefore, we strive to work with you to create a treatment plan that will address your addiction and treat your needs. To do this, we offer several types of therapy, including individual therapy. Therapy options you can choose so you can get started on treatment involve:

- **Cognitive-behavioral therapy**: This type of therapy requires you to look deeper into the cycle of emotions, thoughts, and actions. We will help you to address negative cycles and replace them with healthy ones.
- **Dialectical behavioral therapy**: During this therapy, you will work with a group to see how your negative emotions, thoughts, and actions influence your social interactions. From there, you can work on building and repairing healthy relationships.
- **Yoga therapy**: Yoga therapy is an excellent option to treat your body, mind, and soul. You will learn how to address stress, treat physical pain, and integrate your body and soul.
- **Mindfulness meditation therapy**: This therapy, in combination with

cognitive-behavioral therapy, is an excellent option to teach you to control your thoughts. This control, in turn, keeps your thoughts from controlling you.

Tackle addiction with a comprehensive approach to recovery that includes one-on-one therapy. We treat many types of addiction, including:

- Oxycodone Addiction
- Prescription Painkiller Addiction
- Methadone Addiction
- Opiate Addiction
- Morphine Addiction

Regardless of what your addiction is or how long you have suffered from it, the [professionals](#) at Crestview Recovery want to help you. At our facility in Portland, Oregon, you can take the first steps toward recovery so you can achieve the life you deserve.



CONTACT US TODAY AT
866.262.0531

so we can help you begin the
road to recovery.