



What Follow Up Outpatient Services Do You Need After A Drug Rehab Stay

You may have heard of ACT, with ACT standing for Acceptance and Commitment Therapy, but you may not be sure regarding what this treatment actually entails. There is no need to worry, as this is exactly what this post has been designed for. Keep on reading to discover everything you need to know about it and what it includes.

First and foremost, it is vital to touch upon who ACT therapy in the USA is suitable for. This treatment is ideal for anyone that suffers from one of the following issues – stress, post-traumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), eating disorders, depression, chronic pain, **addiction** and anxiety. If you suffer from any of the problems that have been mentioned, or something similar, you should definitely consider turning towards ACT therapy, as this could be just the solution you need.

Acceptance and Commitment Therapy After A Drug Rehab Stay

But, what actually is Acceptance and Commitment Therapy? Well, this is a treatment that focuses on helping the patient to minimize negative aspects in their life by learning to deal with them effectively. A lot of this involves discovering what is actually important, so that what seems a big deal right now can actually be put into perspective. When you book a session for ACT therapy in the USA, you will learn how to touch base with your emotions, thoughts, inner feelings and sensations in a manner that will help you to move forward and live a better life.

There are three key steps when it comes to Acceptance and Commitment Therapy. The first step is diffusion. This involves letting go of any negative memories, feelings or thoughts that are having a detrimental impact on your mood and your quality of life. Once you are able to do this, you will move onto stage two, which is acceptance.

This stage allows you to accept what is. You will allow negative feelings to occur, but you will equally be able to release them from your system with ease. And finally, the last stage of the process is contact with the present, which involves being in the here and now. By completing the first two stages, you will now be in a position where you are open to new experiences and ideas, and this will allow you to live a more fulfilling life.

Outpatient Services At Findlay Recovery Center

Hopefully, you now have a better understanding of what Acceptance and Commitment Therapy is. If you think this could benefit you, you should definitely give it a go. After all, what have you got to lose?

The only thing you need to do is make sure you find the best practice for ACT therapy in the USA. There are many aspects you should consider when narrowing down your search. You will want to make sure that all of the therapists boast the necessary qualifications and experience. It is also a good idea to read reviews that have been left by previous patients, as you will get a good idea as to whether the practice has experienced positive results with their ACT therapy in the USA or not.

If you're thinking about ACT therapy, **contact us today** to schedule outpatient services to complement your rehab stay.

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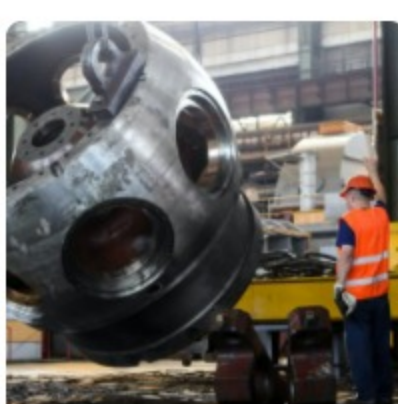


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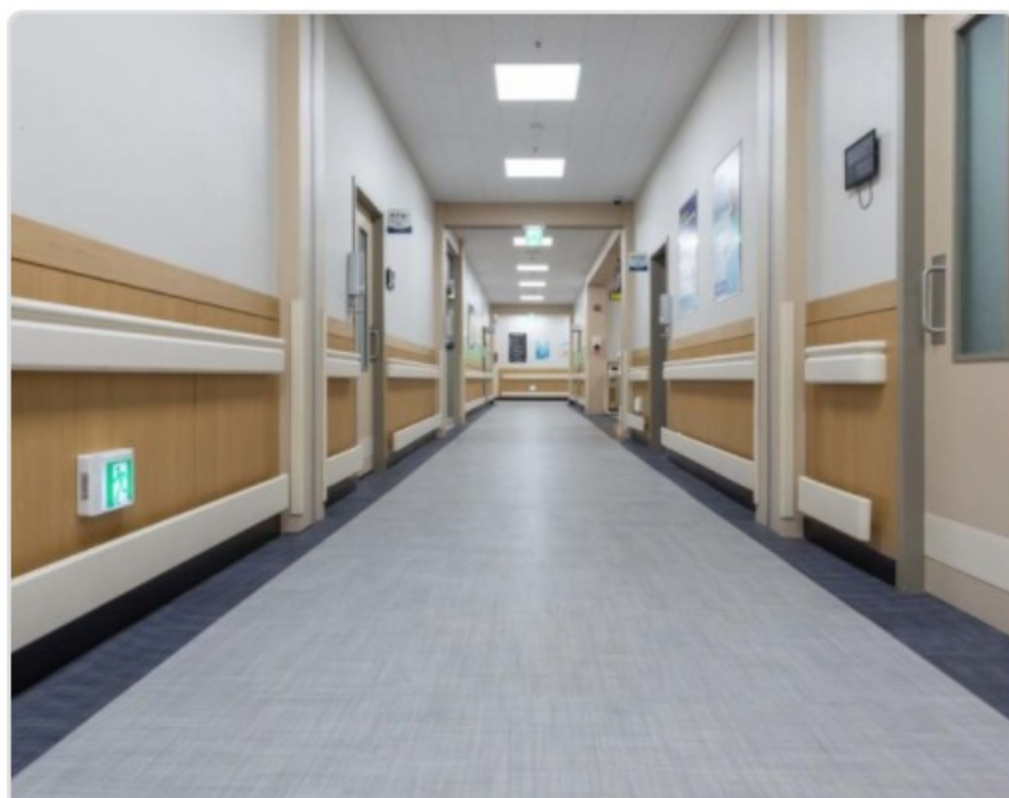
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Contact Details

1800 Manor Hill Road Findlay, Ohio

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Hours of Operation

Weekdays

24 Hours

Saturdays

24 Hours

Sundays

24 Hours

Holidays

24 Hours

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.

