

EMDR Treatment & Rehabilitation for Substance Abuse in Ohio

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EMDR (Eye Movement Desensitization and Reprocessing) is a type of psychotherapy that has been proven to seek out and resolve the negative effects of traumatic experiences, such as those associated with substance abuse. In Ohio, this tried-and-tested method of treatment is available at an increasing number of facilities—helping people across the state recover from addiction in a safe, supportive environment. In this blog post, we discuss how EMDR works as well as outline how it can benefit patients looking to get clean in Ohio.



Understanding EMDR Treatment & Rehabilitation

EMDR (Eye Movement Desensitization and Reprocessing) is a unique form of therapy that is gaining popularity as a highly effective treatment for various psychological conditions. Using bilateral eye movement, sound, or touch, EMDR helps to reprocess traumatic memories and change the negative emotional patterns associated with them. This therapy can be applied to individuals who have suffered from past experiences such as abuse, trauma, grief, and addiction. EMDR is an evidence-based approach that encourages patients to discover new insights and perspectives, allowing them to move forward with a healthier mindset. It is important to consult with a certified EMDR therapist to ensure that the treatment process is executed correctly and safely.

Benefits of EMDR Treatment & Rehabilitation for Substance Abuse in Ohio

EMDR, or Eye Movement Desensitization and Reprocessing, is a powerful therapy technique that has shown impressive results in helping those struggling with substance abuse. This innovative therapeutic approach involves a series of guided eye movements that work to desensitize negative memories and reprocess traumatic experiences. EMDR can help individuals overcome addiction by addressing underlying emotional issues that often drive addictive behavior. In Ohio, where substance abuse is a growing problem, EMDR has become an increasingly popular form of treatment and rehabilitation. By helping individuals gain control over their thoughts and emotions, EMDR can serve as a critical component of a comprehensive treatment plan for those seeking to overcome addiction and build a healthier, happier life.



What to Expect During EMDR Treatment & Rehabilitation

EMDR, or Eye Movement Desensitization and Reprocessing, treatment is a therapeutic technique that has been effective in treating individuals who have experienced trauma. During EMDR therapy, patients are asked to recall traumatic experiences while simultaneously tracking a moving object with their eyes or undergoing other forms of bilateral stimulation. While the specifics of what occurs during EMDR sessions can vary depending on the individual patient and therapist, the objective is to reprocess and desensitize the traumatic memory. Overall, EMDR treatment and rehabilitation may bring up difficult emotions but can ultimately lead to a decrease in symptoms related to trauma.

Resources and Support Available for Those Struggling with Substance Abuse in Ohio

Ohio has a range of resources and support available for individuals struggling with substance abuse. From prevention initiatives to treatment programs, there are countless ways to get help. Whether you're in Cincinnati or Cleveland, you can find local support groups, counseling services, and even online resources. The Ohio Department of Mental Health and Addiction Services has a variety of programs to offer assistance, including the Ohio Opioid Education Alliance and the Ohio Recovery Housing program. Additionally, local hospitals and medical centers provide detoxification services and rehabilitation programs. With these options available, Ohio residents can find hope and get the help they need to overcome their addiction.

In conclusion, EMDR-assisted substance abuse treatment and rehabilitation can be a powerful force in helping those affected by substance abuse find relief from their symptoms and make progress towards recovery. It is important to note that this form of therapy does not rely on medications, but instead finds its strength in the patient's ability to process their problems effectively. While it may take time for a person to reach their goals, EMDR Treatment & Rehabilitation for Substance Abuse in Ohio can allow people to live free from cravings, fear and anxiety and lead healthier lives. For those seeking help with substance abuse issues in Ohio, there are many resources available. If you or someone you know are struggling with substance abuse issues, contact us right away. We will happily provide you with more information on EMDR Treatment & Rehabilitation as well as resources available in Ohio. Do not wait – now is the time to get the support you need!

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Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.

Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.

Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135

Hours of Operation

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.

Who We Are

- Tour Facility
- Video & Media
- Lastest Articles
- Careers

Dual Diagnosis

- Depression
- Anxiety
- PTSD
- Bipolar
- Trauma

Areas We Serve

- Arkon
- Cleveland
- Columbus
- Dayton
- Toledo

Addiction Treatment

- Alcohol
- Cocaine
- Opioids
- Heroin
- Benzos

Who We Help

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- Women
- Professionals
- LGBTQ
- First Responders