**Summary of CCCG Addiction and Recovery**

**Team Services**

The CCCG Addiction and Recovery Team is a group of qualified professionals who specialize in the only evidence-based practice that has been proven to work in assisting clients and families struggling with addiction.

The CCCG Addiction and Recovery Team offer the following groups focused on recovery from addiction and substance abuse including:

**DBT** **Skills -** Dialectical Behavior Therapy (DBT)integrates traditional CBT with dialectical philosophy and Eastern mindfulness practice, into our treatment for adolescents and adults. DBT is an evidence-based therapy that has proved effective in helping individuals develop coping skills that reduce self-destructive behavior and maladaptive patterns of thinking.

**Skills** - (DBT and relapse prevention). Rooted in DBT these groups focus on learning mindfulness and thinking dialectically. Learning how to pause and breathe allows time to choose how to respond in situations that would normally cause anxiety and stress. Learning patterns and early triggers for relapse and choosing to change, results in a more mindful way of relating to self and others and reduces chance of relapse. Skills group also includes identifying other choices and continued reinforcement of healthier choices.

**Psychoeducation** – working within the transtheoretical model of change, clients learn about substance abuse and addiction which increases self-awareness as they learn options for growth and change. Clients also identify community resources that can assist in recovery while developing an understanding of the process of recovery and learning ways to prevent relapse.

**DBT and the 12 Steps –** Teaches **i**ncreased awareness and ability to let go of thoughts that contribute to emotional suffering such as resentment and self-centeredness. This group also decreases behaviors that could sabotage sobriety goals and teaches how to participate fully in the “here and now,” rather than re-living the past or projecting into the future, learning to let go of judgments of yourself and others and cultivate compassion

**Process Group –** Focus on issues and challenges in living a sober life, enabling clients to recreate their pasts in the here‐and‐now of group and rethink the relational and other life problems that they have previously fled by means of addictive substances.

**Smoking Cessation –** To quit smoking we need to address the physical symptoms associated with withdrawal as well as the psychological and social issues that keep individuals dependent on tobacco.  Clients are viewed holistically.  Our smoking cessation program addresses the physical/biological symptoms of withdrawal through Nicotine Replacement Therapy (NRT).  In addition we increase YOUR success rate to quit smoking by offering counseling services and support groups to address the psychological and social issues that arise when you are trying to quit smoking.

**Anger Management** – Anger management group teaches increased awareness and decreasing intensity of anger and developing self-control over thoughts and actions. The group also teaches how to identify anger triggers and learn the difference between anger and aggression. Learning to develop coping skills to manage anger and learn strategies for change.

**Craving Management Hypnotherapy Group -** Heightens concentration, suggestibility, and relaxation; helps Learn and retain healthier choices, thereby cultivating new patterns; re-educates your unconscious mind to stop cravings; boosts the unconscious drive to turn healthy choices into habit; reinforces relapse prevention by maintaining motivation for abstinence; brings calm, powerful energy back into your mind and body

**Yoga -** Yoga is distinct from conventional forms of exercise. It offers motion without causing strain and imbalance in the body, and stresses quality of movement over quantity. Routine Yoga practice can quiet the mind and rejuvenate the body, enhancing overall health, peace, and sense of calm.

**Spirituality Group -** Spirituality is a highly personal reality in which individuals assign both meanings and authenticity to the events occurring in their lives. In this sense, spirituality provides patterns for living that allow individuals to grow emotionally, cognitively, and viscerally. The goal of the Spirituality Group is to begin to identify and develop a spiritual path. For people suffering from addiction, identifying a spiritual path that is a fit with their personality is necessary to help facilitate recovery.

The CCCG Addiction and Recovery Team also provide the following addiction/substance abuse focused therapies:

**Intervention Services for Families EMDR/Trauma services**

**Hypnotherapy Expressive Arts Therapy**

**Play Therapy Family Therapy**

**Individual Therapy Couples Therapy**

The CCCG Addiction and Recovery Team also provides:

**DUI Evaluations**

**SAP Evaluations**

**Drug and Alcohol Testing**