



Customized Treatment at WhiteSands Alcohol and Drug Rehab Helps Orlando Woman Finally Heal the Root Causes of Addiction

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Orlando- Kimberly, a resident of Orlando, never understood why she was so drawn to using drugs and alcohol. She had sought treatment for addiction multiple times but had not been able to maintain her sobriety. Eventually, she discovered WhiteSands Alcohol and Drug Rehab in Orlando where received unique customized therapies that helped her finally understand the "why" behind her addiction. Read her full review on why WhiteSands is the best drug rehab program in Orlando FL.

"The therapists are great, the groups are so helpful, and the Moral Reasoning Therapy (MRT) is so beneficial in realizing issues as to why I use," Kimberly said.

WhiteSands Alcohol and Drug Rehab offers a wide range of evidence-based treatment programs tailored to the specific needs of each patient. MRT is one type of behavioral therapy that helps patients learn better moral reasoning. Learning to use moral reasoning helps former addicts control their thoughts and stay alert in

the decision-making process ultimately giving them a better chance of avoiding relapse.

Dual Diagnosis treatment is another important part of the care patients receive at WhiteSands that helps patients like Kimberly explore and heal the underlying causes of addiction. Dual diagnosis refers to patients who have co-occurring substance abuse and mental health disorders like anxiety, depression, bipolar disorder, or PTSD. Mental health conditions are common underlying drivers of addiction as people attempt to self-medicate with alcohol and drugs. Using substances as a coping mechanism only masks symptoms temporarily and in the long run, makes matters worse. When mental health conditions are treated appropriately, the urge to use drugs and alcohol is greatly reduced or even eliminated.

Other specialized treatments offered at WhiteSands include medically assisted detoxification, holistic therapies like acupuncture and chiropractic, behavioral therapy, medication-assisted treatment, and more.

By tailoring treatment to each patient and providing opportunities to explore root causes of addiction, WhiteSands helps patients establish a solid foundation on which to build their long term recovery, ultimately encouraging their overall success.

For patients like Kimberly, the unique features of WhiteSands are what make the difference in their addiction recovery. ?WhiteSands is amazing. Out of the many rehabs I have been to, this place is definitely my favorite. I certainly would recommend WhiteSands to anyone suffering with substance abuse,? Kimberly said.

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For more information about WhiteSands Alcohol & Drug Rehab Orlando, contact the company here: WhiteSands Alcohol & Drug Rehab Orlando Ryan Monesson (407) 255-2351 rmonesson@wstreatment.com 56 E Pine St, Orlando, FL 32801

WhiteSands Alcohol & Drug Rehab Orlando

WhiteSands Alcohol & Drug Rehab Orlando is the leading addiction treatment center in Orlando Florida. Specializing in providing a full continuum of care. From detox and rehab to after care and alumni support.

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