

NSR of Asheville Offers Addiction Therapies For Men That Work

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NSR of Asheville, based in North Carolina, is pleased to be offering addiction therapies for men that work. The facility offers access to a variety of addiction therapies for men while they reside at their Sober Living Homes. Learn more here: https://NSRofAsheville.org/addiction-therapy/.

One of the programs offered by NSR is their 12 Steps Therapy for Drugs & Alcohol Addiction Treatment. It incorporates the 12 Steps for Sustainable Sobriety as NSR believes that the path of recovery is a progression, and this serves to pave the way for that progression. In doing so, it has helped more people recovering from addiction than perhaps any other framework today. It is used around the world to help individuals fight a wide range of addictions. At NSR of Asheville, it plays an integral part in what they do. The program is designed to provide a pathway along the journey.

Cognitive Behavior Therapy (CBT) is another option available at NSR. CBT is often successful as it has been shown that addiction has neurological and psychological causes. Therefore, the path to recovery runs through an individual?s brain. CBT is one of the most trusted forms of clinical therapy in use today. It is used to help people in recovery identify unhealthy thoughts and behavior patterns. This, in turn, empowers them to

transform these negative habits and create a better life. Learn more here: https://NSRofAsheville.org/addiction-treatment-program/.

NSR also offers Dialectical Behavior Therapy for Drugs & Alcohol Addiction Treatment. It is widely known that acceptance and change are crucial to recovery. Dialectical Behavior Therapy (DBT) builds on the base of CBT to help develop skills for a happy, healthy life. NSR of Asheville helps men develop the emotional resilience they need to thrive. This includes learning techniques and skills such as mindfulness, interpersonal effectiveness, distress tolerance, and more. DBT skills help men cope with life?s highs and lows more successfully.

Adventure Programs are also utilized, as ?Recovery is the Real Adventure,? according to NSR of Asheville, getting sober is always the first step. The issue that most face after this is what to do next, and more often than not, their early recovery tends to feel desolate and hopeless. River rafting, paintball, and high ropes remind the men in the NSR of Asheville programs that it is possible to feel truly alive without the use of drugs and alcohol. In short, this is a fun way to fight addiction. Yoga, Meditation, and Martial Arts are used to teach and develop discipline and emotional control to improve quality of life. As these are skills that can be developed by almost anyone, all that is required is real-world application. Yoga, meditation, and martial arts help the residents develop into stronger men as well, and this is especially vital given that emotional regulation is a priceless skill. The NSR of Asheville program helps young men equip themselves with this and other skills. The program is designed to empower young men to bring a positive future into focus. Learn more here: https://NSRofAsheville.org/galleries/[MW1].

Addiction often coincides with other issues. For anyone suffering from co-occurring disorders, dual diagnosis is crucial. Addiction can do plenty of damage on its own, but paired with other mental illnesses, it can completely ruin lives. At NSR of Asheville, the staff gives all mental conditions the respect they deserve. A combination of dual diagnosis and holistic treatment leads to sustainable sobriety. NSR of Asheville provides the option for Extended Care & a Sober Living Environment. The caring community of Peer Support Specialists and Interventionists are proudly committed to the residents? success. The safe neighborhood, peaceful mountain atmosphere, and highly structured programs ensure the best opportunity possible for long-term recovery. Many residents need more than just a place to sleep, they need Extended Care to give them the best opportunity for long-term success. If an individual is coming back from inpatient treatment, detox, or even from an outpatient program, they are surrounded by a peaceful atmosphere ? and NSR of Asheville staff provide the needed dedication and help the residents towards a healthy lifestyle with long-term recovery.

NSR of Asheville?s former clients often provides testimony to the center?s success. J.C., a beloved client, states on the website, "Before coming to NSR of Asheville, my life was in tatters. I felt defeated. The first day I arrived, I was swinging. I was so angry. I was lost, hurt and confused. I was living in paralyzing fear; yet this place, these people accepted me. They have shown me that a new life is possible. The staff here helps me grow into a better man every day. I owe the person I am today to their guidance."

To learn more about NSR of Asheville and the services they provide, one may visit the official website at www.NSRofAsheville.org.

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NSR of Asheville

NSR of Asheville is more than Sober Living Housing, we are Extended Care. Our innovative Extended Care Model provides valuable services and programs which result in higher rates of success than traditional sober living homes.

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