Legacy Healing Center Offers Range of Trauma Therapies to Heal the Root Causes of Addiction

June 29, 2021

June 29, 2021 -
Delray Beach, FL - June is PTSD Awareness Month which serves to shed light on the many men and women facing the hardships associated with this mental health disorder. The U.S. Department of Veterans Affairs has reported that as many as 8 percent of the U.S. population suffers from post-traumatic stress disorder (PTSD). PTSD Awareness Month aims to raise awareness about the mental health disorder so that those in need can receive effective treatment and avoid turning to drugs or alcohol in an attempt to self-medicate their symptoms.

According to data from the National Institute of Mental Health, 36.6 percent of adults who suffer from the symptoms of PTSD experience serious symptoms while a further 33.1 percent experience moderate symptoms.

Lack of treatment in serious and moderate cases of PTSD often results in people seeking relief through drugs or alcohol. Individuals with PTSD symptoms, according to the National Center of Biotechnology Information (NCBI), are between 2 and 4 times more susceptible to developing substance use disorder (SUD). Studies that focused on alcohol use disorder showed that as many as 46.4 percent of people with PTSD symptoms

also met the criteria for alcohol use disorder.

The overwhelming evidence linking trauma and PTSD with addiction stresses the importance of finding help for PTSD, and SUD if it has already taken hold. In these cases, the underlying cause of addiction is the presence of untreated PTSD symptoms. Therefore, to be able to sustain recovery from addiction, the root cause must be addressed.

Legacy Healing Center in Delray Beach understands the importance of treating the true causes of addiction and offers a comprehensive range of therapies focused on helping people heal from trauma so that the symptoms of PTSD can be managed and the causes of substance abuse can be resolved.

PTSD can be crippling, especially if the symptoms are severe. Legacy Healing Center?s trauma-focused therapies and holistic approach to substance use disorder and co-occurring mental health disorder treatment allow for a person-centered approach that builds self-esteem, hope, and success in recovery from addiction.

Legacy Healing Center is at the forefront of providing trauma therapies and treatments which are backed by experts in the field of behavioral health and addiction recovery. The therapies that Legacy Healing Center relies on to resolve the lasting effects of trauma include Neurofeedback, Vibroacoustic Therapy, Hypnotherapy, Psychodynamic Therapy, Rapid Resolution Therapy (RRT), Neuro-Linguistic Programming (NLP), Trauma Incident Reduction (TIR), and Cognitive Behavioral Therapy (CBT).

Legacy Healing Center?s trauma-based behavioral therapies are headed up by Lina Pepper who holds a Master's degree in Mental Health Counseling. She is a Board Certified Hypnotist from the National Guild of Hypnotists and has been certified by the International Association of Trauma Professionals as a Certified Clinical Trauma Professional.

After witnessing the damage that untreated PTSD and addiction can cause in a person?s life, Ms. Pepper has dedicated her career to helping those suffering from trauma who have turned to substance abuse to self-medicate. Her unique disposition and expertise make her one of the best therapists in the co-occurring mental health disorder field.

Help to spread the word about PTSD Awareness Month this June so that those who are battling PTSD and addiction can find the professional care required to heal from mental health disorders. Legacy Healing Center is available to answer questions and provide guidance 24/7 call (888) 534-2295 or go to www.legacyhealing.com

###

For more information about Legacy Healing Center - Alcohol & Drug Rehab Delray Beach, contact the company here:Legacy Healing Center - Alcohol & Drug Rehab Delray BeachTravis Benfaida(954) 420-7414info@legacyhealing.com1690 South Congress Ave Suite 202 ADelray Beach, FL 33445

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach

Legacy Healing Center - Alcohol & Drug Rehab Delray Beach is the #1 drug & alcohol detox & rehab center serving Delray Beach. We help people who are wanting to live free from addiction. Drugs, Alcohol, Prescription Drugs. ?Rehab ?Rehab ?Rehab

Website: https://www.legacyhealing.com/delray-beach/

Email: info@legacyhealing.com

Phone: (954) 420-7414