Fort Lauderdale Resident Thanks The Source Addiction Treatment Center for Helping Her Overcome Trauma

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Fort Lauderdale, FL - Kenzie, a Florida woman struggling with addiction and trauma recently sought treatment at The Source Addiction Treatment Center in Fort Lauderdale. She was so impressed with her experience, she left the alcohol and drug rehab a glowing five-star review on Google.

?Phenomenal care,? she said. ?The owner Bill will make sure all your needs are met. The therapists are very helpful and knowledgeable. The variety of therapies really helped relieve much of my trauma.?

Traumatic events can have lasting effects on the people who experience them. If left unresolved, trauma can often lead to the development of substance abuse and addiction. Trauma is defined as an event or circumstance that has lasting mental, physical, and emotional effects on the person who experienced it. Trauma can include sexual or physical abuse, neglect, rape, combat, natural disasters, and more. Mental health experts explain that trauma can mean different things to different people, not everyone will experience the same events as traumatic. It?s important to remember that trauma is subjective and defined on an individual basis.

Unfortunately, many survivors of trauma don?t receive proper support to help them work through the impact of their experience. Mental health care remains stigmatized for many and without healthy coping skills, it?s easy for people to turn to drugs or alcohol in an attempt to self-medicate painful emotions. Because trauma changes how the brain perceives threats, addiction can develop quickly. Unfortunately, this was the case for Kensie, but thankfully The Source was able to help her resolve her past trauma and achieve recovery.

?I would definitely recommend this facility for anyone who wants to get and stay sober. 5 stars,? she said.

The Source offers a variety of traditional and leading-edge trauma therapies to help clients heal from their past and learn healthy coping skills. Trauma therapies incorporated into addiction treatment include Eye

Movement Desensitization and Reprogramming (EMDR), Traumatic Incident Reduction (TIR), Rapid Resolution Therapy (RRT), individual and family therapy, Cognitive Behavioral Therapy, Brain Mapping, shame resolution groups, meditation, relapse prevention education, and support for adult children of alcoholics.

Each of these is designed to identify negative thoughts and behaviors and replace them with healthier more positive ones. The trauma therapies at The Source have been shown to quickly and effectively reduce symptoms associated with trauma, and using a variety of different therapies results in the most personal growth for clients.

In addition to these highly effective therapies, The Source offers outpatient programs with and without housing to support anyone in any phase of recovery. In their partial hospitalization program, clients live in luxurious private residences in one of Fort Lauderdale?s premier neighborhoods while receiving around-the-clock care from the experienced and compassionate staff. This is the most intense program in terms of hours of treatment received per week and is a great starting place for anyone who is new to recovery. They also offer two outpatient programs that provide flexibility and the support needed to achieve recovery but are flexible enough to fit into a busy life.

The Source also offers a unique, two week stabilization program where clients who have experienced a relapse can participate in a condensed version of their partial hospitalization program to get them back on track for recovery.

For more information about trauma resources and addiction treatment at The Source, call (800) 204-0418 or visit thesourcetreatmentcenter.com to learn more.

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For more information about The Source Treatment Center, contact the company here:The Source Treatment Center(800) 204-04181730 E Commercial Blvd, Fort Lauderdale, FL 33334

The Source Treatment Center

The Source Treatment Center is the #1 addiction treatment center in Fort Lauderdale, Florida. Specializing in alcohol, rx and drug rehab. We are excited to help everyone who calls or walks through our doors.

Website: https://www.thesourcetreatmentcenter.com/

Phone: (800) 204-0418

