

## Real Deal Therapy & Wellness Provides Top Rated Addiction Treatment in Dallas TX

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Steph, a spokesperson for Real Deal Therapy & Deal Therapy & Samp; Wellness, says, ? Substance abuse and mental health problems go hand in hand. In fact, over half of people with severe mental illness also have a substance use disorder. Many people in addiction are desperately attempting to self-medicate. Untreated mental health problems are often the reason for the development of an addiction, and in turn, addiction accelerates those same problems, sometimes, even creating new problems in its wake. This is why we utilize a multi-disciplinary team with a broad base of experience that provides mental health focused treatment to sever addiction?s hold.?

The experts at Real Deal Therapy & D

They provide a non-vanilla approach to addiction treatment where recovery is considered to be a holistic process that involves the body, mind, and spirit. All three must be addressed, or else, the destruction cycles of addiction will not be broken. Thus, at Real Deal Therapy & Deal Therapy

The treatment methods used include: detox; inpatient treatment; outpatient treatment; and individual therapy. Detox is an important phase of addiction treatment. It is designed help the patients remove themselves from a drug for certain period of time. It usually lasts for 24 to 48 hours although it may vary depending on a number of factors. Drug and alcohol detox has various effects on the mind and body, which are typically pain, addiction cravings, and negative thoughts. That is why patients are carefully monitored while undergoing detox.

Meanwhile, depending on what is the most beneficial for a particular patient?s recovery, what will be provided is partial hospitalization (PHP), intensive outpatient procedure (IOP), or outpatient rehab. The highest level of PHP treatment is where the patient goes in everyday for five to seven days a week. People who complete inpatient drug treatment often to to PHP. IOP removes some of the pressure of having to spend several hours a day at the hospital. And when the patients have shown strong capabilities for handling their own problems, they can go to outpatient rehab.

Founded in 2020, Real Deal Therapy & Deal Therapy &

Those who would like to be updated on the latest developments regarding Real Deal Therapy & Deal Therapy & Therapy &

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## Real Deal Therapy & Wellness

Real Deal Therapy & Deal Therapy & Struggling with addiction, alcoholism, and mental health.

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