

# Types of Therapies for Addiction Recovery

Therapies for addiction recovery provide individuals with the tools needed to understand the root causes of substance use, manage triggers, and build healthier coping strategies.

## Dual Diagnosis & Co-Occurring Disorder Care

Integrated care supports healing across mental health and substance use challenges.

- Trauma-Informed Care
- Integrated Psychotherapy
- Stress Reduction Practices

## Evidence-Based Types of Addiction Therapy

Proven clinical approaches support behavioral change and emotional growth.

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Seeking Safety
- Individual Counseling
- Group Therapy
- Family Support & Involvement

## Holistic Addiction Recovery Programs

Mind-body practices help reduce stress, restore balance, and support emotional resilience.

- Mindfulness & Meditation
- Yoga & Movement Therapy
- Nutrition & Wellness Support

## The Sage Program at Malvern Behavioral Health

The Sage Program for general mental health and co-occurring substance use treatment at Malvern Behavioral Health integrates evidence-based clinical care with holistic therapies and mental health support. Treatment plans are personalized and evolve with each individual's recovery journey.

