

## **Art Therapy for Addiction**

Addiction is a complex disease that often has roots in various areas of a person's life. When it comes to recovering from addiction, self-expression is beneficial to the healing process. Here at Into Action Treatment we utilize art as a source of therapy. Through art, patients are able to communicate their pain and experiences giving therapists and themselves a view into their inner world. Patients who can face the deep-seated issues at the root of their addictions have a greater chance at taking control of their addiction and conquering their problems. This is the ultimate goal of Into Action Treatment.

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An interesting complexity of the human mind is the division between the conscious and subconscious. Humans are aware of the events and conditions of their lives on both levels. The two are a natural part of human mentality but a language barrier separates them. The conscious mind uses everyday language, the subconscious only communicates in abstract ways.

Art therapy for addiction gives patients the connection between both levels.

Talking can only help so much, even highly motivated patients feel the limits of this. Artistic expression opens the floodgate of communication so that patients can understand things about themselves they currently suppress. Once the line of communication is open, the healing begins.

## **Art Therapy for Treatment**

Into Action Treatment's therapists are experienced in facilitating art therapy for

treatment. We use this type of therapy along with other types of evidence-based therapies in order to give clients the tools they need to fully recover.

Self-expression through art is appropriate for all levels of experience and age. Patients find their hidden expression through a variety of modalities. We use visual art as well as other expressive outlets. Addiction therapy happens while dancing, doing yoga, or painting a picture.

Into Action uses a holistic recovery approach. Our therapists fully assess each client and then create a unique treatment plan for each individual. Because we are skilled in using a variety of treatment modalities, we are able to help clients heal physically, mentally, and emotionally.

**In addition to Art Therapy, Into Action uses different therapy methods, including:**

- [Addiction therapy](#)
- [Cognitive behavioral therapy](#)
- [Substance abuse group therapy](#)
- [Hypnotherapy for addiction](#)
- [Trauma resolution therapy](#)
- [Rebt therapy](#)
- [Individual therapy](#)
- [Cognitive restructuring therapy](#)
- [Evidence based therapy](#)
- [Narrative medical therapy](#)
- [Psycho-educational therapy](#)

- [Disease model therapy](#)
- [Massage therapy](#)
- [Psychodrama therapy](#)
- [Vibroacoustic therapy](#)
- [Harmonial therapy](#)

If you or someone you know is living in denial of an addiction, art therapy might be the method that reaches them. Into Action Treatment helps patients find the path to recovery. Call today; our staff is standing by to help.

[Toll Free 1-855-933-6732](#) or [International 1-561-336-2162](#)