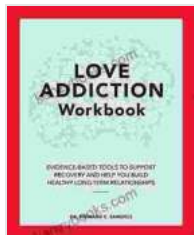


Evidence-Based Tools to Support Recovery and Help You Build a Healthy Long Term Life



The Love Addiction Workbook: Evidence-Based Tools to Support Recovery and Help You Build Healthy Long-Term Relationships by Sarah Marshall

★★★★☆ 4.7 out of 5

Language : English
File size : 2652 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 174 pages
Lending : Enabled



Addiction is a serious disease that can have a devastating impact on your life. If you're struggling with addiction, it's important to know that there is help available. Evidence-based practices have been shown to be effective in helping people recover from addiction and build healthy, long-term lives.

What are evidence-based practices?

Evidence-based practices are treatments that have been shown to be effective through scientific research. These practices are based on the latest scientific evidence about what works in addiction treatment.

Evidence-based practices can help you:

- Reduce your cravings

- Improve your mental health
- Build healthy relationships
- Find a job and housing
- Stay sober in the long term

What are some examples of evidence-based practices?

There are many different evidence-based practices that can be used to treat addiction. Some of the most common include:

- **Cognitive-behavioral therapy (CBT):** CBT helps you identify and change the negative thoughts and behaviors that contribute to your addiction.
- **Motivational interviewing:** Motivational interviewing helps you explore your ambivalence about change and build motivation to recover.
- **Medication-assisted treatment (MAT):** MAT uses medications to reduce cravings and withdrawal symptoms.
- **Peer support groups:** Peer support groups provide a safe and supportive environment where you can connect with other people who are in recovery.
- **Family therapy:** Family therapy helps you improve your relationships with your family members and build a strong support system.

How can I find an evidence-based addiction treatment program?

If you're looking for an evidence-based addiction treatment program, there are a few things you can do:

- **Ask your doctor or mental health professional for a referral.**
- **Search for evidence-based treatment programs in your area.**
- **Contact the National Institute on Drug Abuse (NIDA) for information about evidence-based treatment programs.**

Recovery is possible

If you're struggling with addiction, it's important to know that recovery is possible. Evidence-based practices can help you overcome addiction and build a healthy, long-term life. Don't give up on yourself. Help is available.



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