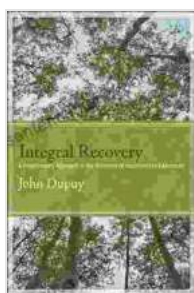


Excelsior: A Revolutionary Approach To The Treatment Of Alcoholism And Addiction

What is Excelsior?

Excelsior is a comprehensive, evidence-based treatment program for alcoholism and addiction. It is based on the latest scientific research and has been shown to be highly effective in helping people achieve lasting recovery.

The Excelsior program is holistic, meaning that it addresses the physical, psychological, and social aspects of addiction. It includes a variety of therapeutic approaches, such as:



Integral Recovery: A Revolutionary Approach to the Treatment of Alcoholism and Addiction (Excelsior Editions) by John Dupuy

★★★★☆ 4.3 out of 5

Language : English
File size : 7341 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 314 pages



* **Cognitive-behavioral therapy**, which helps people to identify and change the negative thoughts and behaviors that contribute to their addiction. * **Motivational interviewing**, which helps people to explore their

ambivalence about change and to develop the motivation to recover. *

Family therapy, which helps people to improve their relationships with their loved ones and to build a supportive network. * **Medication**, which can be used to reduce cravings and withdrawal symptoms.

The Excelsior program is also individualized, meaning that it is tailored to meet the specific needs of each client. The length of treatment varies, but most people stay in the program for 30-90 days.

How does Excelsior work?

Excelsior works by addressing the underlying causes of addiction. It helps people to understand the reasons why they started using alcohol or drugs, and it teaches them how to develop healthy coping mechanisms. The program also provides a supportive environment in which people can learn how to live a sober life.

What are the benefits of Excelsior?

Excelsior has been shown to be highly effective in helping people achieve lasting recovery. Some of the benefits of the program include:

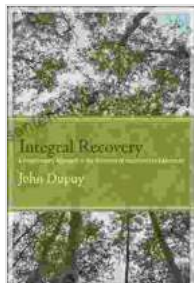
* Reduced cravings and withdrawal symptoms * Improved mental health *
Increased motivation to recover * Improved relationships with loved ones *
Increased self-esteem * A greater sense of purpose and meaning in life

Who is Excelsior for?

Excelsior is for anyone who is struggling with alcoholism or addiction. It is a safe and effective program that can help people to achieve lasting recovery.

How can I get started with Excelsior?

If you are interested in learning more about Excelsior, please contact us today. We can answer any of your questions and help you to get started on the path to recovery.



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