

What is Addiction Life Coaching?

Addiction Life Coaching, also known as Recovery Coaching, is a type of support based on strengths for someone who has an addiction problem or is in recovery. It's a way to change a person's life by altering their thought process. These coaches help an addict to make better life decisions. They can assist in many different facets of recovery, such as detox, treatment, and gaining the support of family members. The main purpose of Addiction Life Coaching is to improve life and reach for goals. Together, the coach and the client will come up with a plan and a specific set of objectives. Traditional therapy sessions typically deal with a person's past and feelings, while Addiction Life Coaches are non-clinical and do not diagnose or treat addiction.

WHAT DO ADDICTION LIFE COACHES DO?

The main goal of an Addiction Life Coach is to form solid recovery groundwork. They try to make sure the addict has things they want to achieve in life in order to assure them that recovery is worth the hard work. Addiction Life Coaches discuss what the client wants to talk about. This type of coaching focuses mostly on "doing" rather than "feeling" for people who are seeking treatment or are already in treatment. This helps an addict feel less alone and have someone to talk to at any time. The coach acts as a guide to staying sober and on the right path by imparting new decision-making skills.

TYPES OF ADDICTION LIFE COACHING

Addiction Life Coaches deal with alcoholics, drug addicts, gamblers, sex addicts, kleptomaniacs, and any number of other types of addicts. They also work with people who have just left jail and need help adjusting to life outside while overcoming their criminal addiction. Recently divorced people or over spenders benefit from Addiction Life Coaching, by gaining the skills to recover financially and fix their credit.

WHAT HAPPENS THROUGH ADDICTION LIFE COACHING?

Addiction Life Coaching touches many aspects of an addict's life. Discussing important issues with someone whose opinions are completely unbiased can impart a new outlook and provide perspective into what really matters. People who have worked with Addiction Life Coaches report gaining a whole new awareness of the world around them. They are amazed that suddenly, everything they do seems charged with purpose. They know what they will and will not tolerate, and begin making choices that lead to greater health and happiness. They also begin to realize that life should be taken seriously and bad decisions have consequences. With these new skills, recovery can mean being able to enjoy life more fully.

Talk to your treatment care provider to determine if Addiction Life Coaching is right for you, and for a referral to a qualified coach.

For more information, visit www.EastMountainHospital.com