

Mental Health Treatment in Arizona

renaissancerecoverycenter.com/mental-health-and-dual-diagnosis/counseling-services

If you or a loved one is dealing with mental health issues, ***you don't have to struggle alone***. Although a stigma continues to surround mental health conditions, society is becoming more aware of just how common and ***treatable*** these conditions are. At Renaissance Recovery Center, our counseling and mental health services in Arizona help patients cope with a range of issues including:

- **anxiety,**
- **depression,**
- **personality disorders,**
- **PTSD, trauma and abuse survival,**
- **grief and loss,**
- **eating disorders,**
- **pornography/sex addiction,**
- **substance abuse, and more.**

Renaissance Recovery Center offers ***treatment, support, and coping strategies*** for the mental health challenges many of us face during our lives. Each person is unique, so the appropriate treatment strategies are ***tailored to each patient's needs*** and condition. ***We offer individual and group treatment options that best suit the patient at any given stage of recovery.***



Our Team of Caring Mental Health Service Providers

It all starts with our patient-centered team. We strive to provide the **best** care possible to our patients in an outpatient setting.

After a thorough consultation, one of our counselors will discuss treatment options with you. Our licensed clinicians **treat the whole person** whether it is through group therapy, family therapy, or individual therapy.

Our team specializes in drug and alcohol addiction treatment. Often effective addiction recovery requires diagnosis and treatment of other conditions. Co-occurring disorders may be a root cause for addiction issues or they may intensify the struggle. **Other treatment options include support groups and ten step programs to offer social support, community, and ongoing coping strategies.**

Our Programs and Outpatient Treatment Services Include:

- Intensive outpatient substance abuse treatment
- 90-day aftercare program for one night weekly
- 60-day primary program group therapy from 6:00-9:00 p.m. meeting Monday - Thursday

Treating Co-Occurring Disorders

Often people battling eating disorders or substance abuse have co-occurring disorders that add a layer of complexity to their treatment. **A co-occurring disorder, also referred to as dual diagnosis, is when someone has a mental health disorder and an addiction to drugs or alcohol at the same time.** Rather than simply treat the presenting issue, our mental health professionals work with patients co-occurring disorders that may have made them vulnerable to life's challenges.

A staggering 45% of people seeking treatment for substance abuse also have a dual diagnosis. Our licensed counselors begin by performing a comprehensive assessment. Given the prevalence of dual diagnosis, they strive to ensure the diagnosis is as correct as possible and that it doesn't overlook conditions.

Next, their strategy is to treat each co-occurring disorder using an integrated approach to treating the **whole** person. This patient-centered approach to determine a diagnosis for each client. Generally, the most effective path to recovery is to pursue treatment for all co-occurring disorders. **Our compassionate clinicians are licensed and trained to provide effective and integrated treatment solutions.**

Counseling for Depression and Anxiety

According to the Anxiety and Depression Association of America, these are the most common mental health conditions. Nearly 18% of adults suffer from anxiety disorders. In addition, 40% of the people who suffer from depression also suffer from an anxiety disorder. The good news is that ***treatment for anxiety and depression is effective with professional care.***

Whether you or a loved one needs counseling for depression or anxiety counseling our team is here for you. Anxiety disorder treatment requires a range of techniques facilitated by a trained professional. Since co-occurring disorders are so common, anxiety treatment often needs to be paired with a comprehensive treatment plan for depression.

PTSD and Trauma Counseling

Post-traumatic stress disorder (PTSD) is a form of anxiety caused by a traumatic event . Many of our heroes suffer from PTSD as a result of trauma suffered while on duty. Exposure to violence, near-death experiences, abuse, torture, catastrophic events, or even difficult childbirth is among the many root causes of PTSD.

PTSD counseling starts with a consultation and diagnosis. The clinician seeks to understand the source of the PTSD since each situation is unique. Our therapists are trained and experienced in numerous treatment techniques to treat and help patients cope with PTSD.

Therapy Options for a Wide Range of Disorders

As a full-service mental health treatment facility, Renaissance Recovery Center offers patient-centered treatment to other complicated conditions. Our **personality disorder treatment** and **bipolar disorder treatment** plans are top-notch. ***Our counseling and clinical teams have experience treating a range of conditions with care, empathy, and professionalism.*** Each condition requires different treatment techniques, for example, a patient seeking bipolar counseling has different treatment needs than one seeking **treatment for eating disorders.**

Renaissance Recovery Center Offers Mental Health and Addiction Therapy in Arizona

Our team offers a range of options including **group therapy, family therapy,** and **individual therapy.** If you or a loved one needs mental health counseling services in Arizona, contact Renaissance Recovery Center today to schedule a consultation.

At Renaissance Recovery Center, we specialize in mental health therapy and addiction treatment as one of the top drug and alcohol outpatient addiction treatment centers in Arizona. Call us at Contact us at 480-526-7738 to learn about our highly effective,

compassionate, nonjudgmental approach to treatment.