

Treatment Programs

 nextlevelrecovery.com/treatment-programs/

Utilizing a customizable addiction treatment plan to get and stay sober is a worthwhile investment. Your life matters!

Our flexible outpatient programs help you maintain your busy lifestyle, continue working and enjoy life with family and friends.

Your recovery program is built with our “**whole-life**” approach that includes relationships, career, health and psychological well-being. Our treatment programs are tailored to meet your specific needs and situation. Our Masters’ level clinicians can also address mental health disorders that co-occur with drug and alcohol dependency.

Our clinicians assist you in setting attainable goals and teach you how to cope with everyday situations and triggers that might lead to relapse. You will learn how to manage stress and develop coping strategies through evidence-based modalities and experiential activities. This is accomplished through individual and group therapy in a structured outpatient setting.

Evidence-Based Treatment Modalities

- Cognitive Behavioral Therapy (CBT)
- Person Centered Therapy
- Seeking Safety
- Eye Movement Desensitization Re-Processing (EMDR)
- Dialectical Behavior Therapy (DBT)
- Moral Reconciliation Therapy (MRT)
- Motivational Interviewing
- Relapse Prevention
- Experiential Activities
 - Art
 - Trauma Informed Yoga

We encourage family and peer involvement and support in your treatment. Studies have shown this increases your chances of maintaining sobriety and achieving long-term recovery.

Next Level Recovery Offers customized Addiction Treatment in Utah

Contact Us Today for your personalized Addiction Rehab, Counseling or Treatment in Salt Lake City, UT. We are here to help!
