



## CONTACT US

To start your addiction recovery journey, simply give us a call at 763-482-9598 or complete our Appointment Registration form on our website!

763-482-9598

[www.rumrivercounseling.com](http://www.rumrivercounseling.com)

For questions or more information regarding Group Therapy for Addiction Treatment, contact Kellan Vencil, LPCC LADC at [kellan@rumrivercounseling.com](mailto:kellan@rumrivercounseling.com).



You are not alone.  
You deserve to get  
help for your  
addiction.

*Rum River*  
COUNSELING

TELETHERAPY  
GROUP FOR  
ADDICTION  
TREATMENT





## GROUP THERAPY FOR ADDICTION TREATMENT

Group therapy is designed to provide a forum for interactive discussion and support for substance use and addiction related concerns. The group is also useful in establishing positive social connections with others who share a common struggle. The perspectives and experiences discussed within the group dynamic can have a positive impact on an individual's ability to identify healthy coping skills and make meaningful connections.

Our addiction based group provides education, support and insights into the dynamics of addiction, as well as providing guidance on how to take meaningful steps toward positive change. It also allows group members to share in a safe, understanding and supportive environment regarding barriers and ongoing concerns throughout the process of recovery. If addiction is causing pain in your life, this group offers assistance, support and relief.

## WHAT IS ADDICTION?

Addiction is a brain disease characterized by a physical intolerance and a chronic obsession to a substance like drugs and alcohol, or a behavior like sex, gambling or electronics. Substance use and addiction related concerns negatively impact an individual's capacity to function as they normally would and can increase the intensity of depression and anxiety related symptoms. These patterns of behavior often negatively impact a person's relationships and family dynamics, as well as contributing to a vast additional amount of negative consequences in a person's life.

## SYMPTOMS MAY INCLUDE:

- Feelings of hopelessness and ongoing stress
- Addiction related behaviors lasting longer than intended
- Trying to stop and not being able to
- Continued negative behaviors despite consequences such as legal trouble
- Giving up an old lifestyle you used to enjoy
- Experiencing family problems
- Social isolation
- Recurrent addiction behaviors that get worse over time



## BENEFITS OF TELETHERAPY ADDICTION TREATMENT:

Teletherapy combines the use of technology with therapy to deliver treatment through video conferencing and web-based tools. In today's world, it's increasingly important to provide accessible, safe, and effective treatment options to patients. For this reason, teletherapy is becoming a more common option for patients seeking addiction treatment. It allows a person to receive effective treatment often without requiring them to leave the comfort of their home. It can be easy to think of teletherapy as only being useful for mental health treatment; however, teletherapy is also just as effective for addiction counseling and treatment.

## SERVICES PROVIDED VIA TELETHERAPY:

- 2 Addiction groups per week (Thursday Evenings from 5:30pm-6:30pm Monday Morning from 9am-10am)
- Curriculum based group learning and peer interaction
- Individual therapy appointments available

