

Post Rehab Transition Therapy

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Inpatient treatment to address addiction is a powerful experience but many often have trouble with the transition home. Eric has extensive experience helping clients with the transition home and common issues that often arise including:

- Setting healthy boundaries with friends and family
- Establishing your recovery community in a new setting.
- Addressing and resolving underlying trauma
- Struggles getting in a daily routine that involves recovery and self-care
- Finding direction for the next chapter in your life
- Identifying and overcoming obstacles to achieve life long recovery



Eric has experience in working in both inpatient and outpatient settings. He understands the life changing work that can take place in rehab but also understands the challenges clients face when they return home. For more about Eric go to EricAndersonCounseling.com.

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Getting you out of the inpatient treatment loop:

Many who struggle with addiction have been in rehab many times; sometimes upward of 20 stints in rehab, costing a tremendous amount. When this happens I find the challenge most face is not finding the right inpatient program but the right recovery setting afterwards to set down the roots of their recovery.

Therapy with Eric will help you:

- Get out of the inpatient treatment loop
- Establish a healthy routine at home based around your recovery
- Gain skills to manage adjustments within your family

Eric also helps family members of addictive family:

- Couples struggling with the effects of addiction including learning how to effectively rebuild trust
- Helping other family members take care of themselves in order to support their loved one