



## Clean Recovery Centers

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# CLEAN RECOVERY CENTERS ADD DAY/NIGHT TREATMENT PROGRAM WITH COMMUNITY HOUSING

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Tampa, FL, August 7, 2018 -- As part of its total recovery service for clients, Clean Recovery Centers has added a Day/Night Treatment (DNT) Program with Community Housing. "This is a critical service that prepares clients for Intensive Outpatient Treatment with Transitional Living," said Shayne Sundholm, CEO of Clean Recovery. "It equips them with the skills needed to combat their addictions for lasting results."

Steve Maraboli, a life-changing speaker, leading Behavioral Scientist and partner with Clean Recovery, said "DNT gets to the heart of what we are doing here at Clean - helping clients change their core beliefs and helping them develop the skills and tools needed to lead a balanced and clean life."

The DNT clinical program features four main components, which are summarized here:

1. "Experiential Processes" focuses on group member participation and their individual experiences, including analyzing the factors around their addiction and the need for treatment.
2. "Defense Mechanism Identification" helps clients identify their defense mechanisms and start the process of breaking them down.
3. "Belief System Exploration" helps clients to identify their false beliefs and begin the process of changing or removing these extremely unhealthy beliefs.
4. "Symbolic Integration" is a way for clients to identify the symbolism they created while in active addiction (i.e. the body language, words and physical actions) and begin to develop new and healthy symbols.

An innovator in the treatment of addiction and lasting healthy behavioral change, Clean Recovery features a unique 3-phase approach to recovery plus a powerful 12-step support system. "Our outpatient program focuses on the client's strength; we build on what's right with each person, not what's wrong. And it's paying off - we are seeing dramatic results within 3 to 6 months," Sundholm added.

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