

Trauma and Addiction Treatment San Diego EMDR HGR Drug Rehabs The relationship between trauma and addiction is one of the most well-documented and clinically significant connections in addiction medicine. Research consistently shows that a substantial proportion of people seeking treatment for drug rehabs or alcohol rehabs have significant trauma histories, and that unaddressed trauma is one of the most common drivers of relapse after initial treatment. HGR Drug Rehabs San [Drug rehabs San Diego California](#) Diego California addresses this connection directly through the integration of trauma-focused therapies into its treatment program at Harmony Grove Recovery. EMDR therapy, or eye movement desensitization and reprocessing, is a well-supported clinical intervention for PTSD and trauma that has been adopted by numerous addiction treatment programs because of its effectiveness in processing traumatic memories that have not been adequately resolved through standard talk therapy. At HGR, EMDR is available to clients whose trauma history is clinically relevant to their addiction and recovery process. DBT, another core element of HGR's clinical programming, was originally developed for individuals with borderline personality disorder, a condition that frequently co-occurs with trauma and addiction. Its emphasis on emotional regulation, distress tolerance, and interpersonal effectiveness makes it highly applicable to clients navigating both trauma recovery and substance use recovery simultaneously.

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Drug & Alcohol Rehab San Diego, CA

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The clinical team at HGR, which includes a licensed psychologist and credentialed addiction specialists, is equipped to provide trauma-informed care that respects the pace and readiness of each individual client while maintaining appropriate therapeutic momentum. Call HGR Drug Rehabs San Diego California at 760-697-0497 for trauma-focused addiction treatment in San Diego. Available 24 hours.

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