

TOPIC

What is Addiction Life Coaching?

WHAT DO ADDICTION LIFE COACHES DO?

Addiction Life Coaching, also known as Recovery Coaching, is a type of support based on strengths for someone who has an addiction problem or is in recovery. It's a way to change a person's life by altering their thought process. These coaches help an addict to make better life decisions. They can assist in many different facets of recovery, such as detox, treatment, and gaining the support of family members. The main purpose of Addiction Life Coaching is to improve life and reach for goals. Together, the coach and the client will come up with a plan and a specific set of objectives. Traditional therapy sessions typically deal with a person's past and feelings, while Addiction Life Coaches are non-clinical and do not diagnose or treat addiction.

"The value of the people and the team make all the difference."

Steve Drzewoszewski, CADC
Carrier Clinic

TYPES OF ADDICTION LIFE COACHING

Addiction Life Coaches deal with alcoholics, drug addicts, gamblers, sex addicts, kleptomaniacs, and any number of other types of addicts. They also work with people who have just left jail and need help adjusting to life outside while overcoming their criminal addiction. Recently divorced people or over spenders benefit from Addiction Life Coaching, by gaining the skills to recover financially and fix their credit.

AT HAPPENS THROUGH ADDICTION LIFE COACHING?

Addiction Life Coaching touches many aspects of an addict's life. Discussing important issues with someone whose opinions are completely unbiased can impart a new outlook and provide perspective into what really matters. People who have worked with Addiction Life Coaches report gaining a whole new awareness of the world around them. They are amazed that suddenly, everything they do seems charged with purpose. They know what they will and will not tolerate, and begin making choices that lead to greater health and happiness. They also begin to realize that life should be taken seriously and bad decisions have consequences. With these new skills, recovery can mean being able to enjoy life more fully.

Talk to your treatment care provider to determine if Addiction Life Coaching is right for you, and for a referral to a qualified coach.