

ADDICTION THERAPY



Toronto | Mississauga | Orangeville



Web: www.aercs.ca
Phone: 1-800-679-5536
Email: hello@aercs.ca
Online Booking: booking.aercs.ca

INTRODUCTION

The AERCS Addiction Therapy Program is designed to help individuals overcome substance abuse or other addictive behavior by addressing the underlying causes, providing support, and teaching coping skills.

Our certified addiction counsellors are equipped with the training, skill, and compassion necessary to guide individuals and their families through the recovery process. With a deep understanding of the four levels of addiction – physical, emotional, mental, and spiritual – AERCS provides a supportive environment for recovery and offers services for detoxification and rehabilitation, guiding individuals towards a healthier life.

AERCS' comprehensive approach to overcoming addiction is in recognizing it as a multifaceted condition rather than just a symptom of an underlying issue.



THE PROGRAM

Assessment and Evaluation	The therapist will conduct an assessment to determine the severity of the addiction, identify any underlying issues, and create an individualized treatment plan, to create a positive emotional climate in your relationship by fostering appreciation, fondness, and admiration for each other.
Psychoeducation	Psychoeducation involves providing information about addiction, including its causes, effects, and treatment options.
Goal Setting	Goal setting involves working with the individual to set achievable, measurable goals related to their recovery.
Solution-Focused Brief Therapy (SFBT)	SFBT is a goal-oriented therapy that focuses on finding solutions rather than dwelling on problems. The therapist helps the individual identify their strengths and resources to create a plan for change.
Acceptance and Commitment Therapy (ACT)	ACT is a mindfulness-based therapy that helps individuals learn to accept difficult thoughts and emotions and commit to making positive changes in their lives.
Behavioural Awareness	Focusing on developing mindfulness skills to increase awareness of thoughts, emotions, and behaviors and learn how to regulate them effectively.

Motivational Interviewing (MI)	MI is an intervention designed for situations in which a patient needs to make a behaviour change but is unsure about it, sometimes to the extent of being quite hostile to the idea. It builds on the idea that the first step in any consultation is to get a conversation going. It then uses strategies to focus this conversation on behaviour change, and to ensure that the patient is helped to consider change as an option.
Emotion Regulation	Emotion regulation involves teaching individuals' skills to manage their emotions effectively and cope with difficult situations without turning to substances.
Relapse Prevention	Addiction is a chronic disease, and relapse is a common occurrence. AERCs provides tools and strategies to prevent relapse and manage triggers effectively.
Coping Skills	Coping skills involve teaching better ways to cope with stress and other triggers that may lead to substance use.
Goal Setting	Creating achievable, personalized goals is an approach that helps in addressing the immediate challenges of addiction and also in building a sustainable path for long-term recovery and personal growth.
Family Dynamics	Addiction affects not only the individual but also their loved ones. This module can help individuals improve their relationships with family members and develop healthy communication skills.
Aftercare Planning	Involves creating a plan for ongoing support and treatment after leaving the addiction program.

SCHEDULE AN APPOINTMENT

For additional information, or to begin the process of therapy at AERCS, please contact us to book a complementary 20 minute phone call consultation.



800-679-5536



hello@aercs.ca



www.aercs.ca

Toronto

1849 Yonge St. Suite 914 Toronto, ON, M4S 1Y2

Mississauga

89 Queensway West Suite 226, Mississauga ON, L5B 2V2

Orangeville

873209 5th Line EHS, Mono ON, L9W 6A4