

Elevations RTC Helping Handle Attachment Issues Through Effective Group Therapy

SALT LAKE CITY, UTAH, UNITED STATES, April 20, 2021 /EINPresswire.com/ -- [Elevations RTC, a residential treatment center in Utah](#), continues to find success with treating attachment issues many students face at some point while enrolled in the program. By using group therapy, students can get the help they need from professionals while also getting support from peers who are going through many of the same things.

The specialty groups are not just limited to dealing with attachment issues but part of a greater focus on group therapy in general. With this specific group therapy, Elevations is helping teenagers see faster changes with attachment issue problems while progressing in other areas.

Help from the experts

Support, when it comes to attachment issues, starts with the right professionals leading the way. Therapists operate attachment groups at Elevations RTC capable of handling a variety of issues. These groups are always tailored to help out the current crop of students as much as possible. Each student reacts differently to attachment issues, and adaptability plays a major role in getting across to all.

The Elevations RTC staff continues to stay updated on the latest training to handle a unique type of situation with teenagers on campus. Every clinician at Elevations RTC has years of experience dealing with students trying to fight through their problems. Fast identification and timely solutions make a big difference.

Help from peers

A big part of the treatment process for attachment issues revolves around building relationships and overall trust. Working through some of these issues with other people at Elevations RTC dealing with the same thing can be a much more straightforward process than one might realize.

After group sessions, there are other opportunities for students to interact with each other and even talk about their issues. In the group, it opens a door for some who might be a little hesitant at first. Getting through problems together is part of the learning process that can make a place like Elevations RTC unique.

Individual assistance

Beyond effective group therapy, every teenager at Elevations RTC also benefits from getting individual assistance when they need it most. Teenagers might have more complex needs, or they might be really shy about being too personal.

Students have daily support, weekly individual sessions, and weekly attachment specific focused groups.

Group therapy solutions for other issues

[Elevations RTC school offers individual and group therapy](#) for plenty of additional issues that students face as well. The groups can also be geared more towards exploring new interests that help take the mind off any distractions. The residential treatment center believes strongly in the power of groups, and having others to rely on around the same age can be extremely beneficial.

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