

Psychotherapy Programs at NuView Treatment Center for Personalized Recovery for Individuals

The Role of Psychotherapy in NuView's Recovery Approach

LOS ANGELES, CALIFORNIA, UNITED STATES, November 29, 2023 /EINPresswire.com/ -- [NuView Treatment Center in Los Angeles](#), a pillar of excellence in mental health care, introduces its latest offer on psychotherapy services to help individuals reach mental well-being and addiction recovery via individualized care.



NuView Treatment Center

The Psychotherapy Programs at NuView Treatment Center are centered around evidence-based practices and modern therapeutic modalities. Through [individual therapy](#) and group sessions, individuals can look into the challenges they face and the different aspects of their daily lives that contribute to their struggles.

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Within NuView, our aim resonates in guiding individuals towards mental well-being, crafting personalized paths to recovery, step by step.”

Dr. Ryan Peterson

What sets NuView Treatment Center apart is the holistic way in which it approaches mental health. The center understands that effective treatment is more than just symptom management and works to address the root causes of mental illnesses. NuView's multidisciplinary team of experienced professionals works hand-in-hand with the

aim of creating a supportive and thriving environment where individuals can turn their lives around.

As described by Dr. Ryan Peterson, CEO of NuView Treatment Center: "Psychotherapy is a well-known way to help people with addiction recovery. The first step in recovery is helping patients understand what's happening to them. Psychotherapists use techniques to assist patients who

want to overcome difficulties like addiction. It is a unique form of treatment as it may also help patients explore relationships or encourage them to adopt new healthy ways of thinking and coping."

NuView Treatment Center stands at the forefront of mental health innovation, recognizing the importance of individualized care. Dr. Peterson continues, "Through psychotherapy, a person seeking recovery may be able to replace old behaviors with new and improved ones. Psychotherapy is mostly done individually, with therapists echoing, resonating, and seeking clarification of what the person expresses, whether verbally or nonverbally, and acknowledging those expressed feelings."

Contrary to popular belief, psychotherapy isn't confined to individual sessions. Dr. Peterson highlights, "There is also group therapy.

Usually, in practice, a patient may have individual and group psychotherapy simultaneously. For instance, a patient does both cognitive-behavioral and couples therapy simultaneously. He wants to fix his relationship with his wife, which is damaged because of his substance abuse."

NuView Treatment Center's Psychotherapy Programs blend individual and group therapy to provide a comprehensive approach to mental wellness. The center's commitment to addressing the unique needs of each individual extends beyond addiction recovery to encompass holistic well-being.

"Psychotherapy can be a wonderful avenue for mediating disturbed patterns of behavior, especially among patients recovering from addiction," affirms Dr. Peterson. NuView Treatment Center's Psychotherapy Programs, incorporating individual therapy, embrace diverse therapeutic modalities to empower individuals on their journey to recovery and renewed mental wellness.

[Treatment Programs](#) Offered at NuView Treatment Center

NuView Treatment Center offers a diverse array of therapeutic modalities to address a spectrum of mental health needs. Their comprehensive approach includes case management to provide



What is Individual Therapy



Treatment programs

personalized support and coordination of care. Family support is integrated to recognize the crucial role of the familial environment in the healing process.

The center offers Intensive Outpatient Program (IOP) evening sessions and a Partial Hospitalization Program (PHP) for more intensive support. NuView embraces the convenience of telehealth, ensuring accessibility for clients seeking remote assistance. Recognizing the impact of trauma, the center incorporates trauma-informed care into its practices. Medication management is available when needed, alongside group therapy sessions that foster connection and shared experiences.

Drawing from evidence-based practices, NuView utilizes Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and other therapeutic methods to address the diverse needs of their clients, promoting a holistic and individualized approach to mental health and well-being.

The success of NuView's treatment programs lies in their commitment to combining innovation with individualized care. By recognizing the interconnected nature of mental health, NuView Treatment Center empowers individuals not only to overcome addiction but also to replace old behaviors with new, improved ones.

NuView Treatment Center continues to redefine the landscape of mental health care, offering not just treatment but a supportive and transformative environment. Dr. Ryan Peterson encapsulates this commitment, stating, "At NuView, our mission is to illuminate the path to mental wellness, one tailored program at a time."

For detailed insights into the Psychotherapy Programs offered by NuView Treatment Center, please explore their official website.

About NuView Treatment Center:

NuView Treatment Center in Los Angeles is a leading mental health facility dedicated to providing innovative and personalized treatment programs for individuals seeking mental health and wellness solutions. With a team of experienced professionals, NuView Treatment Center focuses on delivering comprehensive care that addresses the unique needs of each individual.

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