

An Inclusive Approach to Sobriety: Design For Recovery Introduces Sober Living For Men

Sobriety Redefined, Inclusively

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/EINPresswire.com/ -- Design For Recovery, one of the leading names in addiction treatment, introduces its newest offer: [Sober Living For Men](#).

Sober Living For Men focuses on creating a community that enables personal growth, promotes sobriety, and creates a good brotherly relationship among its residents. Instead of simply focusing on conventional approaches to addiction, it takes things a step further and works on providing an environment conducive to recovery.



“

Psychotherapy is the compass guiding us through the labyrinth of our minds, illuminating hidden paths toward self-discovery and fostering resilience amidst life's intricate tapestry.”

Charley Allen

The program is directed toward men looking to recover from substance abuse and turn their lives around for the better. The CEO, David Beasley, highlights the organization's commitment to holistic healing: "Our Sober Living For Men initiative is a testament to our dedication to sustainable and lasting recovery. We believe in addressing not just the addiction but the individual as a whole."

[Sober Living Programs](#): The Design For Recovery Difference

Design for Recovery's commitment to promoting sobriety is centered around its Sober Living Programs. These programs stand out because they're tailored to an individual's needs and take a central approach, putting the person at recovery at the forefront of the program. It enables people to change their lives themselves with just some extra help.

David Beasley explains how these programs are so important, "Our Sober Living Programs are

designed to give individuals exactly what they need to make it to the end of their journey to recovery. We recognize that each person's path is different, and our programs are tailored to address their specific needs."

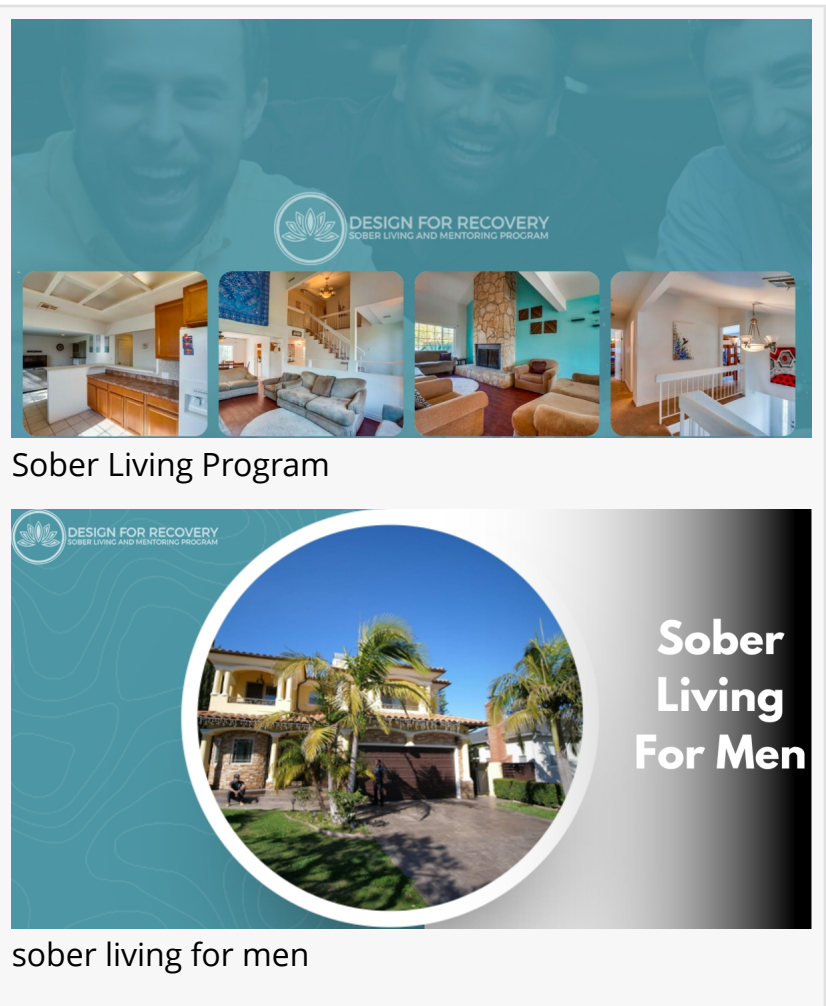
The Sober living homes provided by Design For Recovery offer a safe and structured environment that allows self-discovery while promoting accountability. Since the organization focuses on addressing the root causes of addiction, its programs are more effective than many in the field.

Some of the comprehensive programs offered by Design For Recovery include one-on-one mentoring, family services, money management, medication monitoring, and much more. They also help the individual find employment once their journey is over. The organization's commitment to individualized care makes sure that the residents receive personalized attention so that they can navigate the challenges of recovery with guidance from experienced mentors.

Apart from its programs, the sober living spaces provided by Design for Recovery offer semi-private rooms, include group meals to build a sense of community, provide transportation services, and address various aspects of residents' well-being. This holistic approach, along with environmental control, makes Design For Recovery a beacon of hope for men on their journey to lasting recovery.

A Word on Psychotherapy: Charley Allen's Insight

Charley Allen, an esteemed authority on psychotherapy, shares his perspective on its role in addiction treatment. "Psychotherapy is useful in addiction treatment programs. It helps people who have been through trauma and turned to drugs. Many patients are caught in a cycle of substance abuse because they cannot process their emotions and experiences. We therapists help patients explore their beliefs, thoughts, motivations, and concerns through psychotherapy. Even one session of psychotherapy can aid patients in verbalizing their need to express themselves and how they feel. It's a safe way for patients to recover by addressing their thoughts and developing healthier coping patterns. Psychotherapy can also be helpful not only for the



patients themselves but also for their partners and spouses. Being a spouse or partner of a person in recovery can be challenging, and it takes a lot of emotional toll, too. With psychotherapy, partners can also cope with the transition toward recovery.

[Design For Recovery in Los Angeles](#) also makes sure to include psychotherapy as part of its programs for sobriety, recognizing the effect addiction can have on mental health. By changing the way recovering addicts think and helping them make better coping mechanisms, Design for Recovery makes them more resilient against relapse and future temptations.

As Design For Recovery continues to try and change the landscape of addiction recovery for men, it paves the way for many similar practices to follow suit. Check out their website to learn more about their services.

About Design For Recovery - Sober living and Mentoring Program:

Description: Design for Recovery provides structured sober living in Los Angeles, California. Through our programs, weekly house gatherings, employment support, money management, family outreach, and a solid foundation based on the 12 Steps of Alcoholics Anonymous, Design for Recovery offers the skills and support for lifelong sobriety.

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