

# Paramount Wellness Retreat: Leading the Way in Comprehensive Psychoeducational Therapy for Addiction Recovery in CT

*Paramount Wellness Retreat is dedicated to providing the most informed and effective multi-diagnosis substance abuse treatment plan in the United States.*

HADDAM, CT, USA, June 3, 2024

[/EINPresswire.com/](https://EINPresswire.com/) -- [Paramount Wellness Retreat](#), a premier addiction treatment center located in [Haddam, Connecticut](#), is proud to offer comprehensive psychoeducational therapy as a crucial component of its holistic approach to addiction recovery. Established in 2022, Paramount Wellness Retreat is dedicated to providing the most informed and effective multi-diagnosis substance abuse treatment plan in the United States.

## The Process of Psychoeducation in Therapy

Psychoeducation is an integral part of the holistic therapy process at Paramount Wellness Retreat. This component can begin as early as the medical detox stage and continues throughout the inpatient treatment timeline. During individualized treatment planning, psychoeducation is scheduled as part of daily and weekly sessions, which may also include Cognitive Behavioral Therapy (CBT), Acceptance and



Paramount Wellness Retreat



Paramount Wellness Connecticut Recovery Center Substance Abuse Treatment

Commitment Therapy (ACT), or Biofeedback sessions.

Primarily conducted in group settings, psychoeducation can also be incorporated into small, family unit therapy sessions or family programming. Every patient's treatment plan is customized to their individual needs, ensuring the best possible outcome.

### The Components of Psychoeducational Therapy

The goal of psychoeducation is to inform and equip clients about the disorder(s) they face. During group psychoeducation sessions, participants will progress through four primary components of treatment:

- Education about the disorder itself
- Problem-solving skills
- Communication training
- Self-assertiveness development

Through this process, clients will develop healthier patterns that enhance their personal well-being, empowering them to achieve lasting recovery.

### About Paramount Wellness Retreat

Located in the serene town of Haddam, CT, Paramount Wellness Retreat offers premier addiction recovery services for individuals suffering from substance abuse and co-occurring mental health disorders. Our expertise lies in seamlessly guiding individuals through detoxification and subsequent care. We focus on creating personalized, one-on-one treatment plans that integrate multiple complementary modalities and evidence-based practices.

Paramount Wellness Retreat is committed to helping individuals navigate their personal journey of recovery. Our holistic approach ensures that each client receives the personalized attention they deserve, fostering a supportive environment for transformation and healing.

### Our Programs and Services:



Detox Services: Safe and supervised detoxification from substances.

Inpatient Treatment: Comprehensive care in a supportive environment.

Outpatient Programs: Flexible treatment options including Intensive Outpatient Program (IOP) and standard outpatient rehab.

Holistic Therapies: Incorporating psychoeducation, CBT, ACT, biofeedback, and more.

Family Support: Engaging family members in the recovery process through education and therapy sessions.

Business Hours: We are open 24/7 to provide continuous support to our clients.

For more information or to schedule a consultation, please visit our website at Paramount Wellness Retreat or contact us at 860-590-7703.

Admission Office

Paramount Wellness Retreat

+1 860-590-7703

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