

Ascendant Detox NYC Offers Specialized Motivational Interviewing Therapy to Support Lasting Sobriety

Ascendant Detox - NYC, a premier boutique detox and outpatient addiction treatment center located in the heart of Midtown Manhattan.

NEW YORK, NY, UNITED STATES, September 4, 2024 /EINPresswire.com/ -- [Ascendant Detox - NYC](#), a premier boutique detox and outpatient addiction treatment center located in the heart of Midtown Manhattan, is proud to announce the expansion of its services to include Motivational Interviewing Therapy. This therapeutic approach is specifically designed to help individuals struggling with substance abuse and mental health challenges overcome ambivalence and take control of their recovery journey.



Ascendant Detox - NYC

Motivational Interviewing Therapy: Cultivating Lasting Change

Motivation is a critical component in overcoming addiction, but it's not always easy to harness. Ascendant's Motivational Interviewing Therapy offers a structured, empathetic approach to help individuals find the internal motivation they need to change destructive behaviors. Whether facing substance abuse, eating disorders, or other addictions, this therapy is designed to guide patients in recognizing the impact of their actions and empower them to make positive changes.

What is Motivational Interviewing Therapy?

Motivational Interviewing (MI) is a therapeutic technique that addresses ambivalence and enhances motivation in patients who struggle with change. It is particularly effective in treating substance abuse, where a lack of motivation often hinders recovery. MI helps patients explore

their conflicting desires and work through their internal narratives, ultimately guiding them toward healthy, decisive action.

The Importance of Motivational Counseling in Substance Abuse Treatment

For many individuals suffering from substance use disorders, the desire to change is often overshadowed by the allure of the substance or a lack of awareness about its negative consequences. Motivational counseling at [Ascendant Detox](#) - NYC is designed to help patients confront these barriers at their own pace, preparing them for lasting change. This therapy helps patients move beyond fear and apathy, taking ownership of their recovery.

Types of Motivational Therapy Available at Ascendant Detox NYC

Ascendant offers two primary forms of motivational therapy:

Motivational Interviewing (MI)

Counseling: Ideal for those seeking to make significant lifestyle changes, such as overcoming substance abuse or ceasing reckless behavior. This therapy helps patients build the motivation needed for sustained change.

Motivational Enhancement Therapy (MET): A more intensive form of therapy specifically targeting substance use disorders. MET aims to facilitate rapid internal change over a short series of sessions, laying the groundwork for long-term sobriety.

Group Therapy and Motivational Interviewing

Ascendant Detox - NYC also offers



Ascendant Detox - NYC Outside View



Ascendant Detox - NYC Marijuana Detox



Ascendant Detox - NYC Marijuana Substance Abuse Treatment

Motivational Interviewing in a group therapy setting, where patients can share their experiences, learn from one another, and build a supportive community. Group sessions encourage accountability and provide a space for reflection, mindfulness, and personal empowerment.

Start Your Journey to Recovery Today
At Ascendant Detox - NYC, we understand that the road to recovery is unique for each individual, but the ultimate goal is the same: healing, hope, and restoration. Our Motivational Interviewing Therapy is designed to help you or your loved one find the strength and motivation to achieve lasting sobriety.



Ascendant Detox - NYC Inpatient Marijuana Rehab

About Ascendant Detox - NYC

Ascendant Detox - NYC is a luxury, free-standing detox and outpatient addiction treatment center dedicated to helping individuals overcome addiction in a safe and supportive environment. Located in Midtown Manhattan, our team of skilled healthcare professionals provides personalized treatment plans tailored to each patient's unique needs. We believe in making recovery possible for everyone, and our mission is to support each patient on their journey to a healthier, happier life.

For more information on Motivational Interviewing Therapy or to schedule a consultation, please visit www.ascendantny.com or contact us at (917) 456-9288.

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