

Epiphany Wellness Nashville Introduces Specialized Rational Emotive Behavior Therapy for Addiction Recovery

Epiphany Wellness, a premier mental health clinic in Hendersonville, TN is pleased to announce the launch of its Rational Emotive Behavior Therapy program.

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[EINPresswire.com/](https://www.einpresswire.com/) -- [Epiphany Wellness](#),

a premier mental health clinic in Hendersonville, Tennessee, is pleased to announce the launch of its Rational Emotive Behavior Therapy (REBT) program. This innovative treatment approach addresses addiction, depression, anxiety, and other mental health disorders by focusing on reshaping thought patterns and fostering resilience.

Epiphany Wellness provides a compassionate, supportive

environment, where individuals struggling with substance use disorders and mental health challenges can receive tailored care through Intensive Outpatient Programs (IOP).

Developed in the 1950s by psychologist Albert Ellis, REBT helps clients identify and challenge irrational beliefs, fostering a more constructive mindset to address addictive behaviors and improve overall mental well-being. The program at Epiphany Wellness incorporates this evidence-based approach to empower individuals to regain control over their thoughts, emotions, and behaviors.

Key Elements of the REBT Program at Epiphany Wellness

Cognitive Restructuring: Clients learn to recognize irrational beliefs and replace them with positive, constructive thought patterns.



Epiphany Wellness Drug Rehab Tennessee

Role-Playing Scenarios: Therapeutic role-playing helps clients practice real-life situations, equipping them with strategies for managing stressors.

Mindfulness Techniques: Incorporating mindfulness practices like meditation enables clients to stay present, reducing the impact of stress and anxiety.

ABC Model of REBT: Epiphany Wellness utilizes the ABC model, where clients learn to understand how activating events (A), beliefs (B), and emotional or behavioral consequences (C) interact. This awareness allows clients to develop rational beliefs that improve their responses and promote healthier lifestyles.

Benefits of REBT in Addiction and Mental Health Treatment

REBT is especially effective for individuals managing addiction, depression, or anxiety, as it empowers clients to:

Identify and address underlying irrational beliefs that contribute to addictive behaviors.

Build coping strategies to manage cravings and emotional triggers.

Foster unconditional self-acceptance to reduce feelings of shame or guilt that often accompany addiction.

Epiphany Wellness is dedicated to providing expert support for those on the journey to recovery and improved mental health. With 24/7 availability and a compassionate team of mental health professionals, Epiphany Wellness offers hope and healing to individuals across Tennessee.



About Epiphany Wellness Nashville
Located in Hendersonville, Tennessee, Epiphany Wellness is a leading mental health and addiction treatment provider specializing in outpatient care for various mental health challenges, including depression, anxiety, bipolar disorder, and co-occurring conditions. Our skilled team is committed to helping clients reclaim their lives and achieve lasting wellness.



For more information about REBT and other mental health services at Epiphany Wellness Nashville, contact (615) 645-2088 or visit Epiphany Wellness Centers.

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