

Confidential and Comprehensive Rehab for Professional Women in Texas

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KERRVILLE, TX, UNITED STATES, December 4, 2024 /EINPresswire.com/ -- Professional women often face unique challenges in their careers, and many turn to unhealthy coping mechanisms such as substance abuse to manage stress, imposter syndrome, or work-life balance pressures. Recognizing this, [The Fullbrook Center in Kerrville, TX](#), offers specialized addiction recovery programs tailored to meet the needs of executive women in a safe, discreet, and trauma-focused environment.

Addressing Addiction in Professional Women

A 12.1% substance abuse rate among managerial women highlights the need for targeted care. The Fullbrook Center addresses these issues by offering comprehensive, evidence-based

therapies that go beyond addiction to treat contributing factors such as:

Work-related stress and performance expectations

Imposter syndrome

Family pressures

Mental health challenges

By blending addiction recovery with trauma-focused care, the Fullbrook Center empowers



The Fullbrook Center Logo



The Fullbrook Center Entrance

women to achieve lasting sobriety while maintaining their privacy and professional reputation.

Treatment Programs Designed for Executive Women

The Fullbrook Center provides a range of programs to meet the needs of busy professionals, including:

1. Medical Detox

A safe, medically supervised detox process that prioritizes comfort and addresses withdrawal symptoms.

2. Inpatient Residential Program

For women needing comprehensive care, this dual-diagnosis program addresses addiction, mental health issues, and trauma in a nurturing environment for 30 to 90 days or more.

3. Partial Hospitalization Program (PHP)

PHP with housing extends inpatient care, offering a structured program to heal from addiction and trauma.

4. Outpatient Programs

Flexible outpatient options allow women to continue their recovery journey while balancing professional and personal responsibilities.

5. Aftercare Planning

Customized aftercare plans connect patients with outpatient resources, therapy, sober living options, and support groups to maintain recovery.

Innovative and Effective Therapies

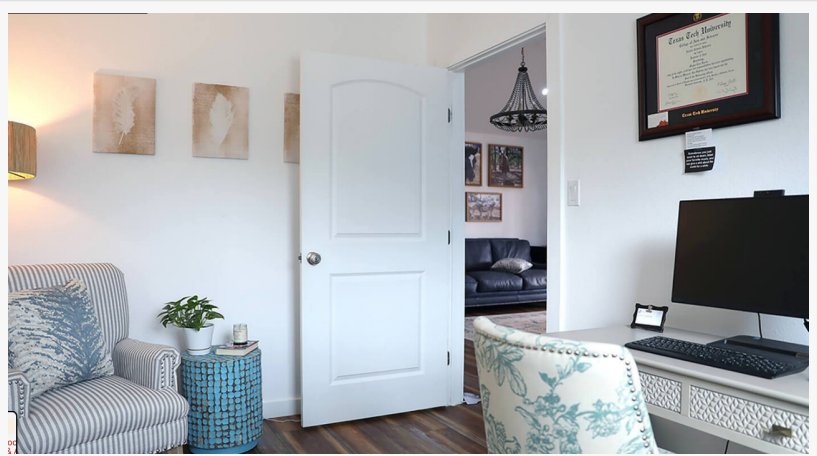
The Fullbrook Center employs evidence-based therapeutic interventions tailored to meet the specific needs of professional women, including:

Dialectical Behavior Therapy (DBT): Addresses addiction and co-occurring mental health disorders.

Cognitive-Behavioral Therapy (CBT): Equips women with tools to manage cravings and triggers.

Motivational Interviewing (MI): Builds confidence for positive lifestyle changes.

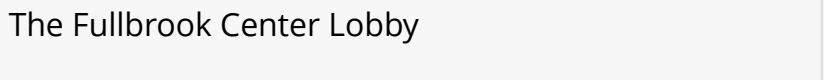
Equine Therapy: Promotes self-awareness and emotional healing through meaningful



The Fullbrook Center Interior



The Fullbrook Center Lobby



interactions with horses.

Mindfulness-Based Stress Management: Teaches effective techniques for managing stress and preventing relapse.

Confidential and Private Addiction Treatment

The Fullbrook Center is committed to safeguarding patients' privacy. The secluded location in Kerrville, TX, ensures professional women can focus on recovery without fear of reputational harm.

"Our goal is to provide professional women with a safe and discreet environment where they can heal from addiction without compromising their career or reputation," said a Fullbrook Center representative.

Get Help Today

If you or a loved one is struggling with addiction, contact The Fullbrook Center's admissions team, available 24/7, at (830) 215-8006. Start your journey to recovery with a team dedicated to helping women regain strength, confidence, and freedom from addiction.

Location: 204 Jefferson St, Kerrville, TX 78028

Phone: (830) 215-8006

[About The Fullbrook Center Kerrville Drug & Alcohol Rehab](#)

Established in 2024, The Fullbrook Center is a premier outpatient addiction treatment center specializing in trauma-focused care for professional women. Combining substance abuse treatment with evidence-based trauma interventions, the center provides a holistic approach to recovery. With a team of Master's-level clinicians and addiction specialists, The Fullbrook Center is dedicated to helping women achieve lasting sobriety.

Admissions Office

The Fullbrook Center Kerrville Drug & Alcohol Rehab

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