

Brooks Healing Center Provides Comprehensive Treatment for Social Anxiety and Addiction Recovery

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NORMANDY, TN, UNITED STATES, February 25, 2025 /EINPresswire.com/ -- [Brooks Healing Center Tennessee Drug & Alcohol Rehab](#), a premier addiction treatment and mental health facility in Normandy, Tennessee, is dedicated to helping individuals struggling with [Social Anxiety Disorder \(SAD\)](#) and co-occurring substance use disorders. By integrating cutting-edge, evidence-based therapies, Brooks Healing Center offers a comprehensive approach to healing and long-term recovery.



Understanding Social Anxiety and Addiction

Social anxiety disorder (SAD) is an intense fear of social situations where individuals may feel judged or scrutinized. This overwhelming apprehension can lead to avoidance of social interactions, affecting personal and professional relationships. Social anxiety often begins in adolescence or early adulthood and is triggered by a mix of genetic, environmental, and psychological factors. Symptoms include excessive worry, self-consciousness, rapid heartbeat, sweating, and trembling.

Unfortunately, many individuals with social anxiety turn to substances such as alcohol, cannabis, or prescription benzodiazepines as a coping mechanism. While these substances may provide temporary relief, they often lead to dependence, exacerbating both anxiety and addiction. Without proper intervention, this cycle can cause severe emotional distress and a decline in overall well-being.

A Dual Diagnosis Approach to Treatment

Brooks Healing Center specializes in treating co-occurring social anxiety and addiction through a holistic, dual-diagnosis program. By addressing both conditions simultaneously, the center provides clients with the necessary tools to manage their anxiety while achieving lasting sobriety.

Key Components of Treatment at Brooks Healing Center:

Cognitive Behavioral Therapy (CBT): Helps individuals recognize and reframe negative thought patterns contributing to anxiety and substance use.

Experiential Therapy: Engages clients in creative activities that help process emotions and build confidence in social settings.

Trauma-Informed Care: Focuses on healing past trauma that may be fueling anxiety and addiction.

Brainspotting (BSP): A cutting-edge therapy that helps clients access and resolve deep-seated trauma.

12-Step and Support Groups: Provides peer support and a structured recovery path for long-term healing.

A Supportive Healing Environment

Nestled in the peaceful landscape of Normandy, TN, Brooks Healing Center offers a serene and nurturing environment where individuals can focus on their mental health and recovery. The facility is staffed with

compassionate professionals who specialize in treating both social anxiety and addiction, ensuring that each client receives personalized care tailored to their unique needs.

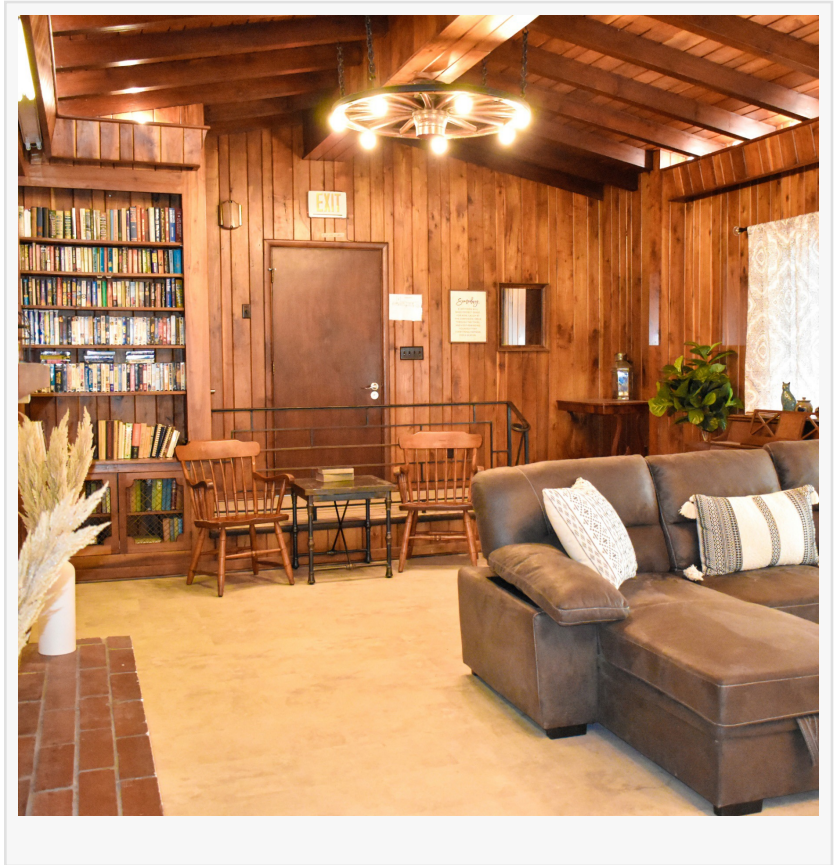
“At Brooks Healing Center, we believe in treating the whole person, not just the symptoms,” said a representative from the facility. “Our goal is to empower individuals to overcome anxiety and



addiction by providing them with the tools and support necessary for lasting recovery.”

Take the First Step Toward Healing
If you or a loved one is struggling with social anxiety and substance use, Brooks Healing Center is here to help. With a dedicated team of professionals and a proven dual-diagnosis approach, lasting recovery is within reach.

Contact Brooks Healing Center
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About Brooks Healing Center

Brooks Healing Center is a leading addiction treatment and mental health facility in Tennessee, offering a full spectrum of services, including psychiatry, psychotherapy, and rehabilitation programs. Established in 2022, the center is committed to providing compassionate, evidence-based care to individuals seeking recovery from addiction and mental health challenges.

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