

# Epiphany Wellness Champions Compassionate, Gender-Specific Treatment to Address Addiction Through a Societal Lens

HENDERSONVILLE, TN, UNITED STATES, June 20, 2025 /EINPresswire.com/ -- [Epiphany Nashville Tennessee Drug & Alcohol Rehab](#), a premier addiction and mental health treatment center in Hendersonville, Tennessee, proudly announces the expansion of its gender-specific treatment programs, designed to foster healing through inclusion, empathy, and community. By offering tailored care that acknowledges societal influences on addiction, [Epiphany Wellness](#) is creating safe and affirming spaces for individuals of all genders to heal and recover with dignity.

## Understanding the Role of Society in Addiction Recovery

While addiction impacts individuals across all demographics, men and women often face vastly different societal expectations, pressures, and stigmas that shape their experiences with substance use and recovery. At Epiphany Wellness, we recognize that these social constructs must be addressed in treatment for healing to be effective and lasting.

Women frequently navigate societal judgment, trauma, and caregiving responsibilities that can delay or deter



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## WELLNESS



treatment. Our women's programs address these realities by fostering a space of emotional safety and empowerment, particularly for those with experiences of domestic violence, PTSD, or sexual trauma.

Men often battle internalized norms around masculinity that discourage vulnerability or emotional expression. Our men's programs emphasize healthy emotional processing, accountability, and connection, helping men dismantle stigma and build resilience.

### Why Gender-Specific Treatment Matters

Epiphany Wellness provides gender-specific treatment programs that consider the biological, psychological, and social factors influencing addiction. These programs group patients and clinicians by identified gender to allow for deeper honesty, connection, and customized clinical strategies.

### Key features include:

Separate tracks for men and women, with treatment plans that address gender-specific trauma, life challenges, and emotional needs.

Judgment-free zones that encourage sharing of lived experiences without fear of stigma or misunderstanding.

Peer bonding and support, which are essential in rebuilding trust and self-worth.

"At Epiphany Wellness, we believe healing starts with being seen. Gender-specific treatment allows individuals to feel truly understood and supported—not just clinically, but socially and emotionally," said a senior clinical director at Epiphany.

### Programs Designed for Every Stage of Recovery

Epiphany Wellness offers a continuum of care that adapts to each client's progress and goals: Partial Hospitalization Program (PHP): Intensive day programming for individuals needing structure and support following detox.



Intensive Outpatient Program (IOP): Designed for clients ready to regain independence while still receiving therapeutic care several times per week.

Outpatient Program (OP): Flexible treatment that supports long-term recovery and reintegration into daily life.

Aftercare Planning: Ongoing support that helps clients transition smoothly out of formal treatment with tools for relapse prevention and peer connection.

### Addressing the Root Causes of Addiction

Societal factors such as gender-based trauma, role expectations, stigma, and access to care are not peripheral—they are central to the addiction experience. At Epiphany Wellness, treatment addresses these root causes through a range of evidence-based and holistic therapies, including:

Individual and Group Therapy

Trauma-Informed Care

CBT and DBT

Mindfulness and Expressive Therapies

By combining science with compassion, and evidence-based treatment with inclusivity, Epiphany Wellness offers more than recovery—it offers transformation.

### About Epiphany Wellness

Founded in 2023, Epiphany Wellness is a cutting-edge addiction and mental health treatment center located in Hendersonville, Tennessee, just outside Nashville. The center offers a full spectrum of gender-specific and inclusive care for individuals navigating substance use disorders and co-occurring mental health challenges. Rooted in empathy and excellence, Epiphany Wellness helps clients discover their strength, reclaim their identity, and build a future grounded in recovery.

### Find Your Epiphany

You are welcome here. You are seen here. You will find hope and healing here.

For more information on our gender-specific addiction treatment programs, please contact Epiphany Wellness at (615) 490-9263 or visit Epiphany Wellness Centers - Tennessee.

### Admission Office

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