**Addiction Counseling**

It's no secret that addiction is a huge problem in the United States. In 2017, there were more than 70,000 [drug overdose deaths](https://www.cdc.gov/nchs/products/databriefs/db329.htm) in the US—a record high - and those numbers continue to climb. If you or someone you love is struggling with addiction, it's important to understand the scope of the problem and how it's affecting people across the country. Here are some addiction statistics that everyone should know:

* One in 10 Americans struggles with some form of substance abuse.
* Of those, 20% will develop a substance use disorder.
* In 2017, over 19 million Americans needed treatment for their addiction but only 4 million received it.
* Nearly 90% of people who are addicted to drugs began using them before they turned 18.
* Alcohol is involved in 1 in every 10 deaths among working adults aged 20-64 years old.

These statistics paint a grim picture of addiction in America. But it's important to remember that addiction is a struggle that can be managed with proper care and support.

**What is Addiction Counseling?**

Addiction counseling is a type of therapy that is designed to help people who are struggling with addiction and substance abuse. Addiction counselors work with their clients to help them understand the root causes of their addiction, identify triggers, develop coping skills, and make positive changes in their lives.

Addiction counselors use a mix of individual and group therapy, as well as family counseling. In individual therapy sessions, counselors will work with clients one-on-one to explore the underlying causes of their addiction. In group therapy sessions, clients will share their experiences with others who are struggling with similar issues. Family counseling sessions will involve all members of the family to address communication and relationship problems that may be contributing to the addict's behavior.

Other modalities that may be used in addiction counseling include eye movement desensitization and reprocessing (EMDR) or art therapy. EMDR is a type of therapy that uses eye movements to help clients process and heal from trauma. Art therapy is a type of therapy that uses art making as a way to explore emotions and experiences.

Many individuals struggling with addiction believe that 12 step meetings (Alcoholics Anonymous, Narcotics Anonymous, etc.) are a vital part of addiction recovery. Twelve step groups help people recover from their addictions by providing an atmosphere of support and encouragement. These meetings are also a great place to connect with others who are going through similar experiences.

These groups aren’t mandatory, and there are other types of support groups, but they are suggested, as it’s really important to find some type of community support.

**XXXX Can Help**

If you or someone you love is struggling with addiction, don't hesitate to reach out for help. The dangers of addiction are real and should never be understated. There’s no time to wait if you or a loved one needs help; there are resources available to get you on the road to recovery and lead a healthy, happy life. Addiction doesn’t have to consume your life. Contact XXXX today to schedule a consultation.