

HGR Drug Rehabs San Diego

402 W Broadway Suite 400, San Diego, CA

760-697-0497

Drug & Alcohol Rehab San Diego, CA

drugrehabssandiego.com

Equine Therapy San Diego Drug Rehabs HGR Harmony Grove Recovery Among the holistic therapeutic offerings at HGR Drug Rehabs San Diego California through Harmony Grove Recovery, equine therapy stands out as one of the most distinctive and clinically valuable. Equine therapy, in which clients work with horses under therapeutic supervision, has a well-documented evidence base in addiction treatment, and the experiences it produces are genuinely different from those available in office-based or group therapy settings. Horses respond to the emotional state of the people they interact with in ways that provide immediate, unambiguous feedback that clients in addiction recovery find powerful. A person who is attempting to present a composed exterior while experiencing internal anxiety discovers quickly that the horse's behavior reflects the internal reality rather than the performed one. This kind of direct, non-verbal feedback can accelerate the development of self-awareness in ways that talk therapy alone may not achieve. The equine therapy program at HGR is facilitated by professionals trained in the intersection of equine-assisted therapy and addiction recovery, and it is integrated into the broader treatment program rather than offered as a standalone activity. The insights that arise in the equine therapy context are brought back into the clinical processing of individual and group sessions.

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For clients in San Diego who have not responded fully to traditional talk therapy approaches, the experiential and somatic dimensions of equine therapy at HGR **inpatient drug rehabs San Diego** offer a different pathway into the emotional work of recovery. This is one of the qualities that makes HGR unlike other California drug and alcohol addiction treatment centers. Call HGR Drug Rehabs San Diego California at 760-697-0497. Office at 402 W Broadway Suite 400, San Diego, CA 92101. Open 24 hours.