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COMMUNITY

OVERCOME

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Endorsed by:

Rabbi Eliyahu Brudny

Rabbi Avrohom Spitzer

## Q&A's

*Are personalized treatment plans available?*

Treatment plans are absolutely personalized. Although many addicts may share similar themes in terms of their journey from addiction to recovery, no two addicts or people are ever the same. Therefore, if we want to effectively treat the individual sitting across from us. We need to be incredibly specific in helping find what the client needs in their recovery.

*What kind of training does the staff have?*

All our therapists are Master level clinicians. Our staff are trained to address both the symptomatology of addiction as well as underlying co-occurring conditions. To that end, our clinicians have training in modalities like cognitive-behavioral therapy (CBT) and Rational emotive behavior therapy (REBT) to specifically target symptoms of depression and anxiety. Our staff also have extensive trainings in trauma-specific modalities like Eye movement desensitization and reprocessing therapy (EMDR) etc. as well as attachment-based modalities like Emotionally Focused Therapy (EFT) to address individual attachment issues as well as understanding a family systems approach to addiction recovery.

*The journey to recovery in Jewish families is not a solo endeavor—it's a family affair. The family's role in recovery is pivotal. Families can significantly aid recovery and help their loved ones return to a healthier life by providing a supportive and nurturing Jewish environment.*

*If you or a loved one is silently battling alcoholism or substance abuse, remember it's okay to ask for help. At Overcome, we're here to listen, understand, and provide the support you need. Change is possible, and it starts with one phone call. Reach out to our addiction treatment center in New Jersey today. Your family's healthier, happier future awaits.*