

## 5 Holistic Approaches to Treatment Observed in Outpatient Programs

### Description

The idea behind taking a holistic approach as part of an outpatient treatment program is to use therapies that treat your physical, emotional, and spiritual wellbeing.

If you search [IOP program Tampa FL](#), for instance, you will find that holistic therapies are routinely used to complement the standard treatment practices used in a wide range of programs.

Holistic therapies have been shown to strengthen the prospect of long-term recovery success. Here are some of the approaches that are likely to be offered as part of an intensive outpatient program (IOP).

### Nutritional therapy

It stands to reason that if you have a healthy body it is going to help you achieve equilibrium with a healthy mind too. That is why proper nutrition is so fundamental to recovery success.

The majority of intensive outpatient programs will include some sort of focus on helping patients understand how to meet their nutritional and dietary needs. Nutritional therapy ensures proper nutrients are delivered to boost recovery prospects.

### Mindfulness

A healthy brain is key to every patient's recovery prospects. [Mindfulness meditation](#) is widely considered to be a cornerstone of any holistic treatment program.

When you consider the benefits attached to using mindfulness as a recovery tool you can understand why it is used so extensively as part of any IOP package.

There are several therapies that may be offered within the mindfulness bracket. These include options such as tai chi and yoga, both of which have been shown to increase focus and clear your mind.

### Acupuncture and massage therapy

As with all holistic treatments, the underlying ambition is to help relieve feelings of stress and induce a greater feeling of relaxation. The use of massage and acupuncture are two examples of how this aim can be achieved.

Acupuncture is used to restore a sense of balance to the body. This is sorely needed when someone has endured a long struggle with substance abuse. Similar positive benefits are likely to be seen when someone decides to go for a [swedish massage in Cherry Hill, NJ](#) (or indeed elsewhere) to release tension in key areas of the body's muscle tissue.

### Exercise and recreational therapy

One of the many positives attached to daily exercise is that introducing a sense of routine helps relieve stress and tension while also strengthening the body at the same time.

Exercise is considered to be an important part of most holistic treatment programs. Patients have a diverse choice of exercise options. Whether it's spending time in the gym or hiking, regular exercise is an excellent outlet for stress.

### **Animal-assisted therapy**

There is a growing awareness that interacting with animals can make a huge difference to your emotional state and have a positive impact on your recovery prospects.

Animal-assisted therapy is widely used to help patients with a diverse range of substance abuse and addiction problems. Interacting with animals helps suppress feelings of depression, anxiety, and even tempers levels of aggression.

The calming influence of spending time with an animal is not underestimated by treatment providers.

When a patient signs up for an IOP program they are highly likely to be offered at least one of these holistic approaches. When you understand the benefits offered by holistic therapies you can appreciate why they form part of most treatment programs.

### **Date Created**

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