



# ADDICTION RECOVERY COACHING

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Contact Harmony Haus Today!

**877.349.1544**

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## Understanding Our Process

We believe that if complex trauma remains unresolved, it can result in a persistent disconnection from one's authentic self. The disconnection from our authentic self can create a sense of shame, fear, and defensiveness.

Harmony Haus has created our addiction recovery coaching to help transform lives. It is a comprehensive methodology that combines evidence-based therapeutic techniques and holistic healing modalities to help members rediscover their authentic selves and recover from complex trauma.

### **Our unique addiction recovery coaching can transform lives by:**

Uncovering and bringing from the unconscious to the conscious our developmental and complex trauma

Examining and accepting trauma emotionally, cognitively, and somatically

Reconnecting with your true self can help restore balance, heal intense thoughts and emotions, and alleviate the discomfort and challenges in life

Building and maintaining a new emotional operating system (EOS) that provides the missing foundation for a free and joyous life

Harmony Haus offers addiction recovery coaching to provide people with the essential support and guidance necessary to overcome addictions and cultivate a healthier lifestyle. Addiction recovery coaching can help empower you to regain control and pursue a life of confidence and well-being.

Our addiction recovery coaching services provide members with a safe and supportive environment to share their stories, learn healthy coping skills, and gain insight into their struggles. In addition to our recovery coaching, Harmony Haus offers [sober living treatment services](#) to support our members who require more assistance and structure after treatment. We recognize that everyone's path to recovery is one-of-a-kind, and we are here to help you on your journey.

Call us today at [877.349.1544](tel:877.349.1544) for more information about our addiction recovery coaching services and how to begin the process of finding balance and peace in your life.

We are passionate about helping our members find healing and wholeness. Our addiction recovery coaching center provides a safe, supportive environment where individuals can transform their lives and find lasting freedom from the trauma of the past. Contact us today at [877.349.1544](tel:877.349.1544) to learn more about how our addiction recovery coaching can transform your life.

## Who We Help at Our Recovery Coaching Center

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Our goal is to assist members in identifying and dealing with the underlying reasons for trauma, anxiety, depression, shame, addiction, relationship stress, work stress, and other negative coping behaviors to regain a sense of calm and stability.

### We can help if you are experiencing any of the following:

- Addiction relapse
- Loneliness
- Hopelessness
- Unloved
- Unworthiness
- Not being understood
- Anger
- Anxiety
- Unresolved trauma
- Transgenerational trauma
- Depression
- Meaningless of life
- Lack of motivation
- Procrastination

Our [supportive recovery coaching team](#) is available to help members navigate their recovery and overall wellness by providing the tools and resources they need to heal and grow. We aim to foster a supportive and accepting space where individuals can openly share their experiences without judgment or shame.

## Benefits of Our Addiction Recovery Coaching

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Harmony Haus understands that recovery is a unique and individualized process. We provide addiction recovery coaching to help individuals find their best path.

### Our therapeutic recovery coaching services can offer many benefits, including:

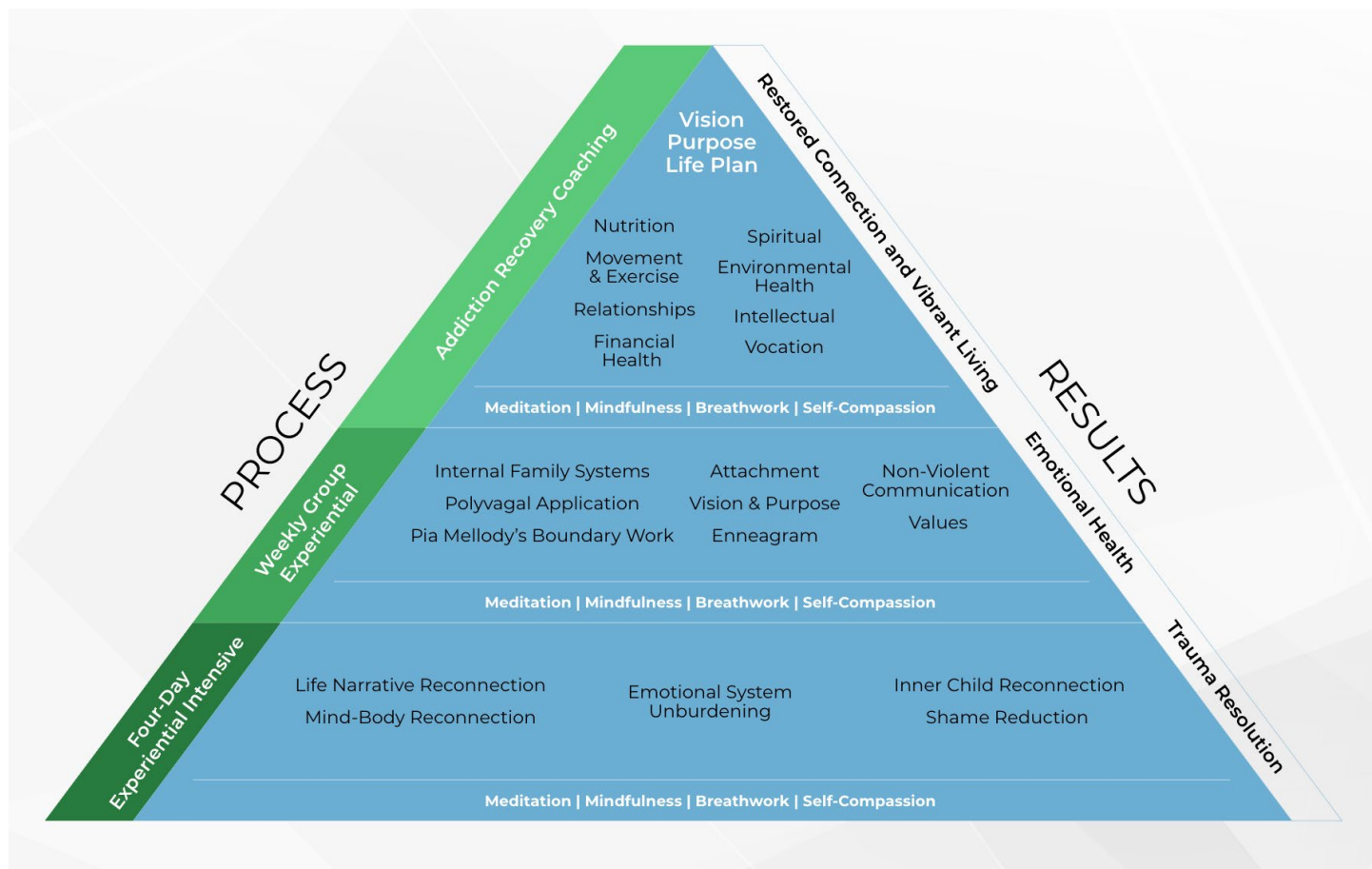
- Improved self-care
- Greater emotional regulation
- Increased awareness and insight
- Building healthy habits
- Cultivating resilience
- Creating a sense of purpose and meaning
- Establishing healthy relationships
- Developing positive coping skills
- Reducing or eliminating substance use

Our [recovery team](#) is dedicated to helping our members create meaningful and lasting change. We know that recovery takes time, but we believe there is no limit to what someone can achieve with the proper guidance, resources, and motivation.

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# Addiction Recovery Coaching Program

Addiction recovery coaching focuses on setting you up for long-term success. Most recovery coaching programs focus on the cognitive system but don't address underlying issues often buried in the unconscious part of a person's emotional operating system (EOS) that drives behavior. Our addiction recovery coaching services aim to address, resolve, and harmonize unconscious patterns, ensuring a balanced cognitive and emotional operating system.



## What to Expect from Our Addiction Recovery Coaching Program

At Harmony Haus, you can expect our addiction recovery coaching to be a pivotal aspect of your path to wellness. It starts with a thorough assessment to understand your unique needs, struggles, and goals. Our [experienced recovery coaches](#) then create a strategic and personalized recovery

plan, laying out a roadmap for success that respects and acknowledges your individuality.

Our program pairs you with [experienced recovery coaches](#) committed to your success, walking beside you every step of the way. We aim to facilitate a transformational process that not only helps you maintain recovery but also enables you to live a fulfilling, joyous life.

**Some of the significant components of our addiction recovery coaching include:**

- Therapeutic recovery coaching
- Weekly emotional health experiential workshops
- [Case management](#)
- Family program
- [Emotional unburdening trauma workshop](#)
- [Sober companions and transports](#)
- [Interventions for substance use disorders \(SUDs\) and mental health concerns](#)



These components and our other services and resources work together to create a comprehensive and personalized approach to recovery. Our goal is to equip our members with the tools they need to face any challenges that may arise. We want our members to gain the confidence and skills necessary to live a balanced, fulfilling life beyond recovery.

To see if addiction recovery coaching is a suitable option for you or a loved one, call us at [877.349.1544](tel:877.349.1544). Our compassionate and caring [recovery coaching team](#) is ready to assist you with living a healthier life.

## How Can Our Recovery Coaching Services Set You Up for Success?

Our recovery coaching services focus on setting you up for long-term success. Most recovery coaching programs focus on the cognitive system but don't address underlying issues often buried in the unconscious part of a person's emotional operating system (EOS) that drives behavior.

Our addiction recovery coaching can address, resolve, and integrate the unconscious material so that you have a balanced cognitive and emotional operating system working together.

**Our recovery coaching services can help set you up for success by:**

- Identifying underlying trauma and unresolved issues
- Developing healthy coping skills
- Providing ongoing support and guidance through all stages of recovery
- Offering resources such as sober living homes and transportation services

- Helping you create a personalized relapse prevention plan

Our addiction recovery coaching can help you build a strong foundation for lasting success by addressing these essential aspects of recovery. Harmony Haus is dedicated to helping you achieve your goals and become the best version of yourself.

## How to Get Started with Addiction Recovery Coaching

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Beginning your wellness and recovery journey with addiction recovery coaching at Harmony Haus is a seamless process. Here's how you can get started:

- **Reach out** – Contact our team via the contact form on our website or directly via phone at 877.349.1544. We are here to answer any questions or concerns you may have.
- **Initial consultation** – We will schedule a confidential consultation with one of our experienced recovery coaches to understand your unique needs and recovery goals.
- **Personalized recovery plan** – Based on the consultation, we will create a customized recovery plan to meet your needs, incorporating various therapeutic techniques and resources.
- **Begin your journey** – After finalizing the plan, we embark on the therapeutic journey. You can schedule regular sessions and weekly workshops at your convenience, ensuring a seamless experience.

- **Continuous support** – Our team will provide ongoing support throughout your journey, helping you overcome challenges and celebrating your successes along the way.

It's never too late to start your journey to healing and recovery. Harmony Haus offers a unique approach to addiction recovery coaching that can help you address underlying trauma and develop healthy coping skills.

### Call Harmony Haus to Begin Healing with Our Addiction Recovery Coaching in TX

If you believe that addiction recovery coaching could benefit you, our enrollment team can guide you through any questions about our program and how we can help you reach your goals. Our addiction recovery coaching can help you find freedom from the past, and together, we can create a brighter future. We look forward to hearing from you. Call us today [877.349.1544](tel:877.349.1544) to schedule a consultation, or contact us online to learn more about how to transform your life.

