

A woman with long blonde hair in a ponytail, wearing a blue button-down shirt, stands with her back to the camera and her arms raised in a gesture of freedom or joy. She is positioned in front of a large, multi-tiered waterfall cascading down a rocky cliff. The scene is lush with greenery, and the overall atmosphere is serene and natural. The text is overlaid on a dark red rectangular box with a white border.

Experiential and Adventure Therapy

Find addiction treatment help
today at Red Oak Recovery!

866.457.7590

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Experiential and Adventure Therapy

When most people think of addiction treatment, they imagine sitting in a room talking to a therapist or in a circle with a group of people. While talk therapy is an integral part of treatment at Red Oak Recovery, it is by no means the only part of our client's [addiction therapy treatment](#). We also provide a range of adventure therapy options as part of our unique experiential therapy program.

At Red Oak Recovery, we're committed to providing the best possible treatment for the men in our programs. With a range of holistic experiential therapy options, including adventure therapy, we give our residents the tools they need to recover from substance abuse. Don't let your substance use disorder prevent you from achieving your goals and dreams. Contact Red Oak Recovery today at [866.457.7590](tel:866.457.7590) to learn how our adventure therapy program can support your recovery.

Why Does Red Oak Recovery Provide Adventure Therapy?

Experiences are conduits of transformation. They offer openings for personal exploration, empowerment, and growth, both internally and externally, leading to a deeper sense of self and how we can positively interconnect with each other and our environment. At Red Oak Recovery,



we offer [experiential and adventure therapy](#) that provides visceral opportunities for our clients to integrate the intellectual and emotional aspects of the therapeutic process with active learning. The value of this type of therapy is that it allows our clients to engage with their innate resilience, ability, and resourcefulness, which are often challenged or lost in substance use. By tapping into these experiences, our clients begin to re-engage with and strengthen these inner aspects. Simultaneously, they're experiencing the joys of a sensory-rich and expansive, healthy life.

The variety of experiences that we offer through our adventure therapy program range greatly, and we often tailor the treatment options to clients' interests and needs.



On top of our regular Gestalt therapy groups, each week, our community members are offered opportunities to engage with experiences such as:

- Mixed Martial Arts
- Yoga and Mindfulness
- Acupuncture
- Life Skills Classes
- Music Therapy
- Expressive Arts
- Gardening / Horticulture
- Volunteering / Service Work

and understandings. Some of the adventure therapy experiences we offer at Red Oak Recovery include:

- Backpacking
- Day-hiking
- Canoeing
- Fly-fishing
- Rock climbing
- Ziplining
- Whitewater rafting
- Ropes courses
- Solo camping experience

Outdoor Adventure Therapy

We also offer a range of outdoor adventure therapy approaches, which are all set in some of the most beautiful places in Western North Carolina. During trips such as these, the mountains, trees, waters, and rocks serve as great teachers. They invite clients to delve deeper into their humility, focus, awareness, and endurance. We also offer a culminating (capstone) experience involving four days of solo camping for our clients who are ready and choose to take it on. Within this long period of silence and deep introspection, our clients experience a unique journey, solidifying goals and leading to new and profound insights

HOW EFFECTIVE IS ADVENTURE THERAPY?

IN A RECENT STUDY ON THE EFFICACY OF ADVENTURE THERAPY OCCURRING IN AUSTRALIA, RESEARCHERS FOUND THAT THERE WAS A 13% OVERALL IMPROVEMENT.

THE RESEARCHERS FOUND THAT ABOUT 60% OF PARTICIPANTS REPORTED IMPROVEMENT IN RESILIENCE, BEHAVIORAL AND EMOTIONAL FUNCTIONING, SELF-ESTEEM, AND FAMILY FUNCTIONING. IN ADDITION, THEIR SYMPTOMS OF DEPRESSION AND PROPENSITY TO SUICIDE ALSO LESSENER.

WHEN THE RESEARCHERS FOLLOWED UP A SHORT TIME LATER, THE RESULTS INDICATED A 3% LOSS, INDICATING AN OVERALL IMPROVEMENT IN THE RETENTION OF THEIR SHORT TERM GOALS.

MOST BEHAVIORAL HEALTH SPECIALISTS RESERVE THE USE OF ADVENTURE THERAPY FOR TEENS AND ADOLESCENTS. HOWEVER, AT RED OAK RECOVERY, WE BELIEVE THIS TREATMENT CAN BE EFFECTIVE FOR PEOPLE OF ALL AGES IN RECOVERY. IF YOU'RE READY TO USE ADVENTURE THERAPY TO MANAGE YOUR TRAUMATIC, MENTAL HEALTH CONCERNS, OR SUBSTANCE USE, PLEASE CONTACT RED OAK RECOVERY TODAY AT 828.457.1724.

RED OAK RECOVERY

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Our entire Red Oak Recovery team is rooted in the teachings of experiences such as those that we offer. We are passionate about our clients' engagement with this exciting and endlessly dynamic path toward recovery. The potential benefits of the experiential therapy program at Red Oak Recovery are truly limitless.



Can Adventure Therapy Assist in Dual Diagnosis Treatment?

We recognize that drug and alcohol addictions often find their roots in mental health concerns or traumatic experiences. In fact, research suggests that among adults over the age of 18, nearly 9.5 million Americans had both a substance use disorder and a mental health condition in 2019. Because of the holistic nature of our treatment programs, we take the time to address both conditions during the time our clients spend at our center.

Fortunately, adventure therapy is an excellent treatment option for both mental health concerns and addiction. For instance, some research suggests that those suffering from depression see a significant reduction in their symptoms through adventure therapy. Additionally, sunshine and fresh air can lessen a person's anxiety, giving relief from conditions such as PTSD and anxiety.



At Red Oak Recovery, we offer support for a range of co-occurring conditions, including:

- Depression
- Anxiety
- Disordered eating
- Bipolar disorder
- PTSD

If you have any questions regarding the efficacy of adventure therapy in treating co-occurring disorders, please reach out to Red Oak Recovery today at [866.457.7590](tel:866.457.7590). We'd be happy to answer any questions you may have.

What Other Therapies Are Available?

We'll perform an evaluation and assessment to understand the client's unique needs during the initial intake process. Then, our master's level clinicians will develop a treatment plan that we'll tailor to the challenges that they're facing. Every client at Red Oak Recovery has access to a range of holistic and evidence-based treatment options.

Holistic Therapy Options

Holistic treatments are therapeutic options that address addiction's impact on an individual's mental, physical, and spiritual health. Addiction affects every aspect of our client's lives, so it's essential to provide healing to each of these facets. Holistic treatments address this damage, offering the best possible chance for long-term recovery. Adventure therapy is one holistic treatment option we provide. However, we also offer treatment options such as nutritional therapy, experiential therapy, and [wilderness therapy](#). We are one of the few treatment centers in North Carolina that can provide these effective therapeutic options.

Evidence-Based Therapy Options

Evidence-based treatment options are at the heart of what we do at Red Oak Recovery. Experts in substance use disorder treatment have studied these treatments extensively, and they have proof that these treatments are effective. Utilizing these treatments allows our residents to have the tools they need to stay sober outside of our men's treatment center. We provide a wide array of evidence-based therapy options, including:

- Cognitive-behavioral therapy
- Dialectical behavior therapy

- Family therapy
- Group therapy
- Psychotherapy
- Behavioral therapy

A combination of evidence-based and holistic therapies is critical for the long-term recovery of our clients. Developing an individualized treatment plan for each client is part of what makes Red Oak Recovery an effective men's treatment program.

Contact Red Oak Recovery

At Red Oak Recovery, we're proud to provide exceptional addiction treatment for men between the ages of 18 and 25. With adventure therapy and other excellent treatment options, we give the men we treat the tools they need to attain the recovery they've always wanted. Adventure therapy gives our residents the tools they need to maintain their sobriety outside of our programs, as they learn how to have fun and handle their triggers without returning to use.

When men suffer from trauma, mental health conditions, and substance use disorders, we recognize the difference in the challenges men and women face.



Therefore, we're proud to provide dedicated men's addiction treatment programs, including:

- Alcohol addiction treatment
- Heroin addiction treatment
- Cocaine addiction treatment
- Meth addiction treatment
- Prescription drug addiction treatment
- Opioid addiction treatment

Adventure therapy can be an integral part of your addiction treatment, giving you the support you need throughout the initial part of your recovery. Are you ready to put an end to your substance use disorder? If so, Red Oak Recovery is here to help. Please contact our treatment center today at [866.457.7590](tel:866.457.7590) for more information about our services and how adventure therapy plays into our programs.

Receive the Red Oak Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE

