

# Next Level Recovery

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 [nextlevelrecovery.com/mental-health-counseling-services-in-utah](https://nextlevelrecovery.com/mental-health-counseling-services-in-utah)

## Co-occurring Disorders

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Many individuals have a substance use disorder as well as one or more mental health disorders. This may also be referred to as dual diagnosis or co-occurring disorders. Our Master's level clinicians will perform a comprehensive assessment to determine a diagnosis for each client. Pursuing treatment that addresses both disorders is the most effective treatment path. Our clinicians are licensed and trained to provide effective and integrated treatment solutions. Our patient-centered approach allows our clients to set goals and resolve the challenges that may have caused their addiction. Nationally, about 45% of people seeking substance use disorder treatment are diagnosed with a dual diagnosis.

## PTSD & Trauma Counseling and Services

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Post-traumatic stress disorder (PTSD) is a type of anxiety disorder that can occur after a traumatic, dangerous or life-threatening event. People suffering from PTSD often experience nightmares, flashbacks and distressing emotions that can affect the person's overall functioning. PTSD can be treated with Eye Movement Desensitization and Reprocessing (EMDR) or Cognitive Behavioral Therapy (CBT).

- **Eye Movement Desensitization and Reprocessing (EMDR):** is a revolutionary and effective form of psychotherapy that helps people rapidly heal from emotional distress and symptoms that have resulted from disturbing and traumatic experiences and/or abuse. EMDR allows clients to transform and process their negative feelings and thoughts without having to speak in detail about the traumatic or disturbing event. Our clinicians utilize EMDR to release the unprocessed memories that have been physiologically stored and allow the brain to rewrite the memory pathway, so the client is no longer reliving the feelings, images and sounds of the traumatic event.
- **Cognitive Behavioral Therapy (CBT):** is an effective psychotherapy (talk therapy) that helps clients acknowledge and modify negative and distressing thoughts and dysfunctional emotions. CBT helps address the ways in which we think and behave. Our Master's level clinicians will help you view new and challenging situations more clearly and more effectively. You'll see quick results. CBT will help you process and reframe your thinking by developing coping skills, helping you to practice positive thinking, create solutions which will help you to relieve stress and feel less rigid. CBT can be a very helpful tool in treating mental health disorders, such as depression, post-traumatic stress disorder (PTSD) or eating disorders. But not everyone who benefits from CBT has a mental health condition as it is an effective tool to help anyone learn how to better manage stressful life situations.

## Counseling for Depression

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Depression is a serious mood disorder that causes prolonged symptoms of sadness. Depression affects how you feel and accomplish daily activities. Depression causes a significant loss of interest in things that are normally enjoyable or pleasing. It can also affect your sleep, eating and work habits.

Depression is more than just feeling sad, it feels like you are carrying a very heavy burden. Depression is the most common mental health disorder that Americans are facing today. Millions of people are suffering silently and struggling to find a way to ask for help. Everyone feels upset or unmotivated from time to time, but depression is more serious. If your symptoms persist for two weeks or more, you should contact your physician or mental health professional to discuss treatment.

Other types of depression can include:

**Postpartum Depression:** It's more serious than the "baby blues" that many women feel after giving birth. Temporary symptoms of mild depression and anxiety often follow childbirth. These symptoms typically diminish within two weeks after delivery, however, some women with postpartum depression experience major depression during their pregnancy or after the delivery. Postpartum depression causes feelings of extreme sadness, anxiety, and exhaustion. Postpartum depression depletes a new mothers ability to take care of themselves and/or their newborns.

- **Persistent Depressive Disorder:** is a depressed mood that lasts for at least two years. A person diagnosed with persistent depressive disorder experiences constant feelings of sadness.
- **Psychotic Depression:** Occurs when a person that has severe depression also has a form of psychosis, such as hearing or seeing things that other people cannot hear (delusions) or see (hallucinations) or disturbing, false fixed beliefs or delusional thoughts.
- **Seasonal Affective Disorder (SAD):** Defined by the onset of depression during the winter months. "Winter depression" is typically accompanied by social withdrawal, frequent oversleeping, weight gain, and relationship problems. SAD predictably returns every year. Symptoms usually start in the fall and worsen over the winter and begin to retreat in the springtime.

## Bi-polar Disorder Counseling

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Bi-polar disorder is a mental health condition that causes extreme shifts in a person's mood. People may experience decreased energy, heightened irritability (manic episodes or mania) as well as depression. Symptoms might include intense or distinct changes in mood, impaired cognitive thinking, harmful thoughts or engagement in risky behaviors that have negative consequences. These behaviors can affect a person's day-to-day functionality.

## Anxiety Disorders Counseling

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Anxiety disorder is a term that includes several conditions. All anxiety disorders share symptoms such as worry, panic or fear.

**Panic Disorders** often make people feel like terror is/or can strike at any moment. Panic attacks can cause extreme chest pain and/or heaviness.

**Social Anxiety or phobia's** cause an overwhelming sense of self-consciousness and excessive worry about everyday situations. People become fixated on embarrassment and judgment from others in social settings.

## Personality Disorders Counseling

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A personality disorder is a mental health disorder that is characterized by rigid, long-lasting, inflexible and pervasive patterns that affect a person's ability to relate to people and situations. Significant barriers to healthy relationships, work, school, and social activities are impacted daily.

Symptoms can include or more of the following:

- Pervasive or unjustified distrust
- Suspicion of others
- Unreasonable fear
- Inability to find pleasure in activities
- Lack of interest in social activities
- Limited interaction with others, including personal relationships
- Flat or inappropriate emotional responses
- Unpredictable behavior or thinking

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