



Individual Therapy

How One-on-One Therapeutic Work Helps Build New Insights For Recovery

What is Individual Therapy?

Individual therapy is a structured, one-on-one relationship between a client and a licensed clinician, focused on exploring the thoughts, beliefs, and experiences that drive substance use. Unlike group settings, individual sessions provide the private, confidential space needed to address issues that are highly personal or complex.

Through consistent, ongoing sessions, clients build self-awareness, develop a trusted therapeutic relationship, and begin working on the root causes of their addiction rather than its symptoms.

How It Works: The Individual Therapy Process

- 1) Therapeutic Assessment**
Build a complete clinical picture through detailed exploration of history and patterns.
- 2) Alliance Building**
Develop the trust that makes honest, productive therapeutic work possible.
- 3) Targeted Intervention**
Apply evidence-based techniques to identified thoughts, patterns, and root causes.
- 4) Skill Application**
Practice healthier responses to stress, relationships, and relapse-related situations.
- 5) Progress Review**
Measure behavioral change and refine therapeutic goals as treatment advances.

Goals of Individual Therapy

- Identify root causes of chronic relapse behavior
- Insights into behavior patterns and distorted beliefs
- Develop emotional regulation and coping skills
- Address trauma, shame, and co-occurring conditions
- Strengthen personal accountability and self-awareness

Therapeutic Benefits

- Reduced denial and deeper self-understanding
- Ability to recognize and interrupt relapse patterns
- Stronger alliance with the treatment team
- Greater capacity for honest self-reflection
- Behavioral changes that support lasting recovery

Individual Therapy is Highly Effective For Treating the Following Conditions:

- Substance Use Disorder
- Bipolar Disorder
- PTSD and Trauma
- Personality Disorders
- Depression and Anxiety
- OCD

Individual Therapy at Burning Tree Ranch

Individual therapy is a core component of nearly all treatment programs. However, there are only so many times a client may meet with their therapist in a short-term program. The timeline isn't long enough to establish genuine trust, work through trauma, or practice the skills acquired throughout treatment.

Our **long-term, progress-based model** provides months of consistent individual sessions with the same clinician, allowing for the therapeutic depth that chronic relapse requires. Clients advance when they demonstrate real behavioral change, not when a calendar says their time is up.



“With chronic relapsers, the first months of therapy are often spent dismantling the stories they have told themselves and everyone around them. The work that actually changes behavior starts after that.”

 **Meghan Bohlman, LPC-S, LCDC, EMDR-Trained**
Executive Clinical Director, Burning Tree Ranch



Individual Therapy in a Dual-Diagnosis Treatment Setting

Individual therapy is especially important for chronic relapsers because most carry co-occurring mental health conditions that have gone unaddressed or undertreated in previous programs. A sustained one-on-one therapeutic relationship is often the only setting where those deeper issues can be safely explored.

At Burning Tree Ranch, individual therapy is integrated with group therapy, CBT, and trauma-focused modalities including EMDR to create an individualized dual-diagnosis treatment plan that guides clients and families toward lasting, sustainable sobriety.

Dual Diagnosis Defined:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

Disclaimer: Burning Tree Ranch aims to enhance the quality of life for individuals battling substance use and mental health disorders through well-researched and professionally reviewed content. Our publications focus on the nature of behavioral health conditions, available treatments, and their outcomes. Reviewed by licensed experts, our material is informative but not a replacement for professional advice, diagnosis, or treatment. Always seek the guidance of a licensed health provider for any medical or clinical concerns.