

The Effectiveness of Group Therapy in Substance Abuse Treatment

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Abstract. This study evaluates the role of group therapy in treating substance abuse disorders, focusing on peer support and shared experiences as catalysts for recovery. The research involves 150 participants undergoing group therapy sessions, highlighting significant reductions in substance use and relapse rates. These findings affirm the effectiveness of group therapy as a critical component of comprehensive substance abuse treatment plans.

Keywords: Group Therapy, Substance Abuse, Peer Support, Recovery, Treatment Plans

Introduction

Substance abuse disorders present complex challenges that often require multifaceted treatment approaches. Group therapy has gained recognition for its potential to provide essential peer support and facilitate shared therapeutic experiences. This study assesses the effectiveness of group therapy in treating substance abuse disorders, involving 150 participants engaged in structured group sessions. The results reveal meaningful reductions in substance use and relapse rates, demonstrating group therapy's value as a critical element of holistic treatment strategies. These outcomes underscore the importance of integrating group dynamics into comprehensive recovery plans for individuals battling substance abuse.

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