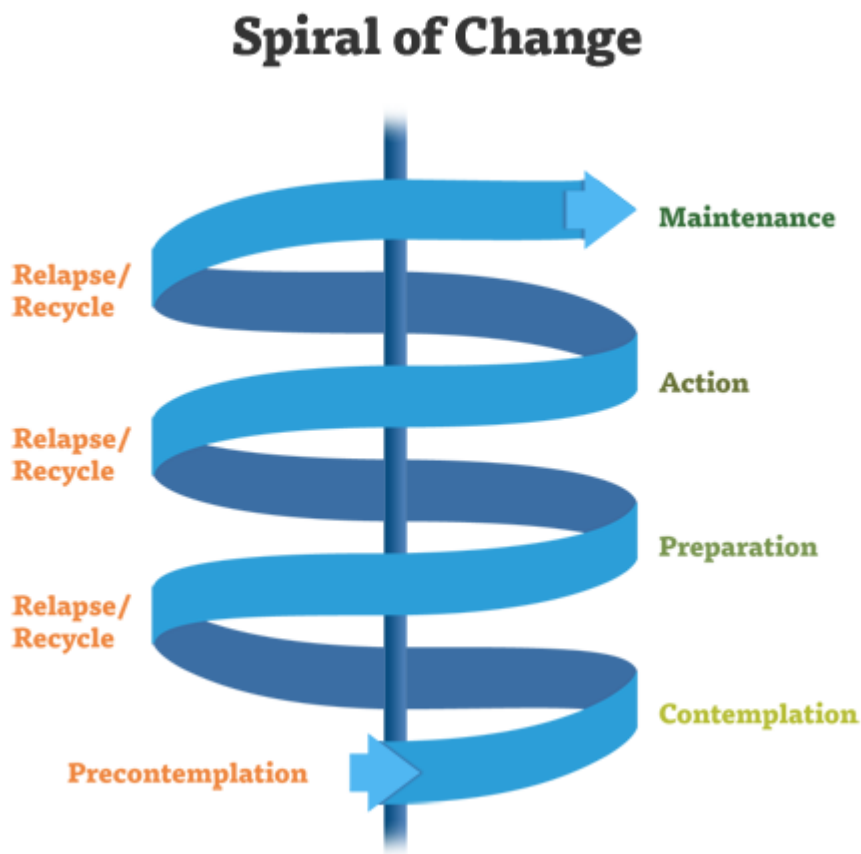


# Why it works

## We Follow the Evidence

We have science-based, realistic expectations of change. We use well-tested treatment methods from both the psychology and substance abuse fields. Research on change and our many years of experience have shown us that most people change gradually and experience ups and downs along the way.



## Harm Reduction Therapy works because it is:

**Individualized:** Each individual's relationship with drugs and alcohol is different -substance abuse develops from a unique interaction of biological, psychological, and social factors. We understand that people use drugs for a variety of reasons and we work hard to help each client understand their own

motivations.

**Client directed:** We empower clients to prioritize which problems they want to address and to set treatment goals. We do not insist on particular outcomes, and research tells us that when clients select their own goals, success is much more likely. And one success leads to another!

**Respectful and compassionate:** We are committed to developing a deep understanding of our clients, and helping create positive outcomes for them.

**Non-dogmatic:** We do not ask that our clients adopt labels such as “alcoholic or addict”, or to believe that they have a disease, in order to change or quit substance use.

## **Change, One Conversation at a Time**

*When I came to the Center, I discovered that I could be honest because my therapist was not telling me what to do – she made it clear that I would not be kicked out of therapy or judged for continuing to use or for anything I said. The freedom was incredible, and so was our mutual trust. It was not like any other treatment I had ever been in. I stopped feeling ashamed and I started thinking about the trouble I was in more deeply than I ever had. It wasn't long before I started doing something about it.”*

## **Harm Reduction Therapy is an integration of well-established evidence-based practices**

- We honor the research on self-determination. When people are offered a relationship that respects their autonomy and acknowledges their competence, they are much more highly motivated.
- Change occurs in steps, or stages – some people are not ready for change and need to explore their ambivalence, others are ready for action and need help to plan and execute change. At the Center, we are adept at helping

people to identify their stage of change and to successfully move from one stage to another.

- The Center staff is well-trained in approaches that activate a person's internal motivation. This is why we do not ask people to stop using unless that is *their* goal.

Visit our [testimonials page](#) to read more about our client's experiences