

Dual Diagnosis Treatment San Diego HGR Drug Rehabs California Co-occurring mental health conditions and substance use disorders are more commonly linked than they are separate, and effective addiction treatment in San Diego must address both simultaneously rather than treating one while deferring the other. HGR Drug Rehabs San Diego California provides integrated dual diagnosis treatment through Harmony Grove Recovery, with a clinical team that includes a licensed psychologist and credentialed addiction specialists equipped to address the full spectrum of co-occurring conditions. The most common co-occurring conditions in addiction treatment include depression, anxiety disorders, PTSD, bipolar disorder, and borderline personality disorder. The CBT and DBT-based therapy that forms the clinical backbone of HGR's programming is particularly well suited to dual diagnosis treatment: CBT addresses the thought patterns that drive both addictive behavior and mood and anxiety disorders, while DBT was specifically developed to treat individuals with emotional dysregulation that often co-occurs with substance use. EMDR therapy at HGR addresses trauma histories that frequently underlie addiction, and the inclusion of this modality reflects the clinical sophistication of the program's approach to trauma and its relationship to substance use. Biofeedback provides clients with tools for self-regulation that serve both their addiction recovery and their mental health stability. The integration of [holistic drug rehab San Diego](#) yoga and meditation further supports the neurological and psychological stability that dual diagnosis clients need.

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For San Diego residents dealing with addiction complicated by mental health challenges, the dual diagnosis approach at HGR provides the comprehensive care that stand-alone substance use programs cannot. Insurance verification is available over the phone, and the clinical team is available 24 hours a day. Call HGR Drug Rehabs San Diego California at 760-697-0497 to discuss dual diagnosis treatment in San Diego. The downtown location at 402 W Broadway Suite 400 is accessible from all parts of the metropolitan area.

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Drug & Alcohol Rehab San Diego, CA

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