

Our Approach to Healing



Trauma-Informed Care

Recognizing how past wounds affect current struggles, we create a compassionate environment for recovery.



Group Therapy

Safe spaces to share stories, build community, and break the silence of addiction.



Cultural Humility Therapy

Therapists provide PTSD and intense trauma for Native Americans and Indigenous populations.



Need Assistance



(860)-743-0700

support@fulloflifecounseling.org

Support Services:

Intense Substance Abuse & Co-Occurring Psychotherapy, Substance Abuse Education Group Therapy, Trauma Informed Care, Grief & Loss, ASAM Criteria Assessments for Medicaid and Husky clients, Cultural Arts Therapy Group, Comprehensive Discharge Planning & Referral, Health & Wellness Herbalist Coaching, Speaking engagements, virtual events and workshops, conferences, as well as work with ministry and church leaders for training in Servant Leadership and engaging with faith leaders in substance abuse education and prevention.



Full of Life Counseling
& Addiction Services PLLC

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Your **Healing** Matters

Healing the Mind, Body, and Spirit

Understanding Alcohol Addiction

Alcohol addiction is a chronic, progressive condition that affects the brain, body, and relationships. It can impact physical health, mental well-being, and community connections. Left untreated, alcohol addiction may lead to:

- Chronic diseases such as liver and heart conditions
- Impaired memory and cognitive function
- Strained family and community ties
- Higher risks of accidents, injuries, and early mortality





Full of Life Counseling and Addiction Services PLLC

Full of Life Counseling and Addiction Services PLLC is a Christian-based company, and our values center around faith-based treatment.

Our psychotherapists are experts in the field of substance use and secondary mental health diagnosis. We accept clients who have heavy and prolonged use of illicit substances, alcohol addiction, and require co-occurring conditions disorder treatment.

We specialize in combining generational trauma and alcohol addiction for Native clients and we understand the importance of incorporating storytelling in the initial stages of engagement.



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Generational trauma can present as

-  Higher rates of depression, anxiety, and PTSD
-  Increased vulnerability to substance use disorders
-  Feelings of disconnection from culture, land, and traditions
-  Intergenerational cycles of grief, poverty, and health disparities

Alcohol is often used as a coping mechanism to numb pain. At Full of Life Counseling and Addiction Services PLLC, we understand that healing requires more than stopping alcohol use; it requires addressing the root causes of trauma and rebuilding cultural identity and resilience.



How to Support Others



Listen and Validate

Show support by listening without judgment and validating the feelings of those struggling, reminding them that their voice matters.



Professional Help

Seek professional help with us to receive compassionate, culturally sensitive counseling and evidence-based support tailored to your healing journey.



Stay Connected

Maintain consistent connection through calls, visits, or community gatherings to reduce isolation and strengthen support systems.



Educate Yourself

Learn about addiction and trauma to better understand what your loved ones are experiencing and how to support their healing journey.