

## **Lindsay Lohan's Legal Troubles Remind Delray Recovery Center of the Value of Our New REBT Treatment Program**

*Troubled celebrity Lindsay Lohan is once again facing the threat of jail time. Many other Americans face similar struggles to stay sober and committed to a healthy lifestyle. Addiction treatment centers such as Delray Recovery Center, with a personalized approach, and specialized therapies such as Rational Emotive Behavior Therapy or REBT, may be able to help people, like Lohan, overcome addiction and achieve long-term sobriety.*

Delray Beach, FL ([PRWEB](#)) January 02, 2013 -- Troubled celebrity Lindsay Lohan is once again facing the threat of jail time. Her latest legal troubles are a very public reminder of the difficult road to recovery following substance abuse problems. At Delray Recovery Center we have seen countless numbers of patients try and fail in the rehab process. We now institute a Rational Emotive Behavior Therapy or REBT approach to helping address the true roots of addiction, and work on those problems. This new style of treatment for us has shown great results.

Many other Americans face similar [struggles to stay sober](#) and committed to a healthy lifestyle. Addiction treatment centers with a personalized approach may be able to help these individuals, like Lohan, overcome addiction and achieve long-term sobriety.

Lindsay Lohan is facing fresh legal problems that may land the troubled starlet in jail. According to an article reuters.com entitled: "Lindsay Lohan's probation revoked after car crash charges" published December 12th, a Los Angeles judge revoked Lohan's probation. She is next scheduled to appear in court on January 15 for arraignment on charges related to a June driving accident.

Lohan's latest legal troubles are the result of a June traffic accident, during which her Porsche slammed into the back of a dump truck. According to an article published November 29th 2012, entitled: "For Lindsay Lohan, it's definitely a bad day" on [usatoday.com](#) Lohan was charged with misdemeanor counts of reckless driving, lying to a police officer and obstructing an officer from performing duties. Consequently, the Los Angeles judge charged her with violating probation.

Lohan's legal troubles are a reminder to Delray Recovery Center that programs such as [REBT addiction therapy](#) can help struggling addicts come to their sobriety.

Delray Recovery Center can help struggling addicts with drug and alcohol issues by instituting their new REBT program. This helps the addict get to the bottom of issues that are underlying factors to their addiction.

Millions of Americans also [battle substance abuse and struggle to live a sober lifestyle](#).

"Addiction and substance abuse are complicated conditions requiring integrated treatment," said James Eldridge, a spokesperson for Delray Recovery Center, a Florida-based substance abuse and addiction treatment center.

A customized treatment plan is in direct correlation to a successful recovery. On top of a personalized approach, a strong support system is crucial to the prevention of relapse. "When it comes to this type of

treatment, The primary focus of REBT is the resolving of an individual's behavioral and emotional problems, as well as other disturbances. The goal of this therapy is to enable the individual to lead a more fulfilling and happier life." Says Eldridge of Delray Recovery Center.

According to James Eldridge, an addiction specialists at Delray recovery Center, a Florida based addiction treatment facility, specializing in REBT treatment "individuals with a history of substance abuse – like Lohan – may benefit from a structured approach to treatment. The Delray Recovery Center offers REBT in their programs for the client that needs this therapy in order to achieve a total recovery from their addiction. For [more information regarding REBT](#) and our different programs, please contact one of our staff members today. We will be happy to assist you and answer any further questions that you may have



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