

How is Fentanyl Addiction Treatment Conducted?

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Due to the fact that Fentanyl is having such a negative effect on society, there are many therapies and treatments out there to combat this form of addiction. It has been found that the most effective way to conduct fentanyl addiction treatment is a combination of techniques, usually medication and a form of behavioral therapy. The medication is to help with the physical addiction and side effects, while the talking therapy is to help with the underlying mental triggers and reasons why someone would become addicted to Fentanyl in the first place.

Medications

Popular medications in tackling Fentanyl addiction include Buprenorphine and Methadone. They are in effect similar to Fentanyl as they work by attaching themselves to the same opioid receptor cells in the brain. However, they reduce craving and withdrawal symptoms, making it easier for a person to reduce their consumption with a long-term plan to eliminate dependency completely. Other medications that help to reduce dependency are drugs such as naltrexone. These work in an entirely different way. Instead of mimicking the effects of Fentanyl and reducing cravings, they actually block the opioid receptors in the brain and stop any subsequent Fentanyl use from having the desired effect. They are usually used for people who have already stopped taking drugs to stay clean and drug-free. Both these medications work, however depending on the addict and the extremity of the addiction, the appropriate medication choice will be up for discussion.

Counseling

Counseling is a very popular form of talking therapy for many and various mental health illnesses. It is particularly good for people suffering from drug addictions from substances like Fentanyl. Counseling is ultimately a form of behavioral therapy which helps people look inwardly and discover more about themselves, and this, in turn, can result in a modification of behavior. Understanding the self is key to understanding why you would become an addict. And just because you were an addict does not mean that you always have to be one. It helps people develop better self-esteem and can change how they view their crutches, which can change how they behave around drugs. It is a great way to help them build a happier and healthier lifestyle, and it also enables them to stay on their medication. Forms of counseling include:

- CBT – Cognitive Behavioral Therapy – This enables addicts to understand their patterns and triggers with a view to modifying their behavior and the expectations they have from drug use. It helps an addict overcome stress and anxiety brought on as a result of not having the drug, helping them beat cravings both mentally and physically. Over time these behaviors become habits and are more entrenched. The more entrenched they are, the easier the new behavior pattern is to maintain.
- Contingency management – this is a form of treatment that awards the patient points or vouchers based on negative drug tests. The more points or vouchers they have, the more items and products that are given, which are designed to help them live healthier lives.
- Motivational interviewing – A trained professional will sit and talk to the patient with a focus to understand and draw out of the patient the reasons why they may be hesitant to change or even willing to change but simply can't. Addiction is complicated, and there are so many different types of people. In some cases, the reasons for the addiction are not on the surface, for others, they seem very clear. But everyone is a mixture of thoughts and emotions, and in addicts, this can be very confusing. So it is about making sense of the non-sensical.
- Dialectical behavior therapy (DBT) – this therapy is like CBT, but it is different in the sense that it is specially catered to addicts who feel emotions much more intensely than normal. These people are far more likely to need specialist talking therapy care.

Partial Hospitalization As Fentanyl Addiction Treatment

Partial hospitalization is an intensive treatment program for patients who do not require overnight hospital admission. These stays can involve a whole range of therapy such as CBT and DBT. they also involve some form of individual or group counseling. As part of this form of treatment, you can have either **intensive outpatient therapy** – which allows addicts to have a far more normal life outside of the treatment, or **outpatient rehab** which is generally for someone who has recently gone through the inpatient rehab process and needs that extra help to keep you on the straight and narrow.

There are many forms of Fentanyl addiction treatment, and it really depends on the patients and the nature of their addiction to which form will be most effective for them.

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