

# What Kinds of Drug Treatment Programs Are Successful?

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There is no one-size-fits-all approach to addiction therapy. What works for one person may not work for another. There are several possibilities for therapy depending on the drug you are abusing, the degree of care you need, your unique mental health requirements, or the available healthcare options. Here are some of the most prevalent addiction therapies that have been shown to be effective.



## Detox and Drug Withdrawal

Medically assisted detox helps you cleanse your body of addictive drugs in a secure setting. This is advantageous since drug withdrawal may result in painful or even life-threatening physical effects. Detox is often used in conjunction with other treatments since it does not address the underlying behavioral reasons for addiction. It is also usually not an outpatient treatment since a professional must monitor you at all times. Therefore, although it is necessary, it might need to be considered separate from any [outpatient program](#) you are entered into.

Medically supervised detox was often the initial step for many addicts who went on to achieve long-term recovery. As soon as the body is cleansed of toxins from the addictive drug, you can begin to assess your behavior and acquire healthy, sober new habits in the therapeutic process. Detox is not a substitute for therapy, but it is an essential initial step in the recovery process. Detoxification is a common initial step in therapy for both inpatient and [outpatient patients](#). Before beginning an addiction treatment and counseling program, this permits people to get 24-hour round-the-clock care to ease the discomfort of withdrawal symptoms.

Medically supervised detox is essential to recognizing and treating any alcohol or drug-related medical issues because of the multiple harmful effects on the body and brain produced by substance misuse. Medical emergencies can arise from both current usage and the detoxification process.

Symptoms of withdrawal might be deadly for people who attempt to detox independently. Among other things, withdrawal tremors are common. Seizures and delirium may be more serious signs of brain injury for individuals.

## Cognitive Behavioral Therapy

According to American Addiction Centers, addiction to food, alcohol, or prescription drugs can all be treated using cognitive behavioral therapy (CBT). CBT can also be used to treat other forms of addiction. CBT can assist you in both recognizing and resolving problematic patterns of behavior and in learning to recognize and deal with triggers and coping mechanisms. It is possible to use CBT in conjunction with other treatment methods, and it is a great part of many [intensive outpatient programs](#), allowing the patient to come to terms with their issues while working through the triggers that cause them to self-destruct.

The treatment is relatively rapid, with most patients finishing in 28, 45, 60, or 90 days. The person also has time to participate in additional complementary therapies such as the 12-step program, detoxification, family therapy, medical treatments, relapse prevention therapy, co-occurring disorder treatment, and others.

Since CBT tries to modify the sufferer's thinking and tackles co-occurring problems, it gives a more long-term treatment. By treating the person holistically, and altering their thinking rather than merely treating the symptoms, the odds of recurrence are lower than with other treatment techniques.

Because CBT helps addicts become aware of the triggers that lead to their addictions, they can tackle these triggers and diminish or eliminate their cravings for alcohol and drugs.

## Family Therapy

Family relationships have changed dramatically over the past several decades, influencing how we see life as well as the actions and roles we adopt. Regardless of how the family unit develops, family therapy is always an important part of drug misuse treatment. In reality, studies have shown that behavioral health treatment that involves family therapy performs better than treatment that does not. When paired with individual treatment, it may decrease relapse rates, increase medication adherence, reduce mental symptoms, and alleviate stress.

Family therapy has several advantages, particularly when applied to [addiction treatment](#). Family therapy assists members of a family unit in healing and recovering as a unit. The therapeutic setting offers a secure environment where everyone can learn how to cope with a loved one's rehabilitation from addictions and mental illness. Family therapy sessions are also intended to assist family members in making specific, positive adjustments in order to enhance the home environment and mend bonds within the family unit.

The drug abuser and at least one other member of the family are usually included in family therapy. This might be a spouse, parent, significant other, sibling, or anybody else who has a close connection with the person receiving therapy.

## Treatment With Medication

When used with behavioral therapy, medication could play a significant role in rehabilitation. It is possible to treat addiction by taking some drugs that may help alleviate cravings and enhance mood. So, the FDA has authorized lofexidine to aid opioid addicts suffering from cravings and withdrawal symptoms. Acamprosate, for example, is an anti-drinking medication.

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