# How We Work with Women Who Are Hurting from Addictions

Date: 3 May, 2021 By Robert Alexander Center

Substance abuse has become prevalent among women due to several factors. Although there are measures to help them deal with their addictions, fear of being shamed causes them to avoid treatment. Studies have shown that women who face addiction experience higher stigmatization levels and are less likely to seek help. However, creating a safe space for them to open up will go a long way in helping them overcome this.

### What causes addiction in women?

Root causes of addictions vary from woman to woman. Understanding these causes affects how we work with those who are dealing with such a situation. For many women, some of the triggers for their addictions include the following:

#### **Traumatic events** Women who have experienced abuse of any form as children are more likely to get addicted to

violence, rape (especially teenagers and young women), emotional and physical abuse from parents, and many more. Multiple studies have revealed that women are more likely to experience Post-Traumatic Stress Syndrome and seek comfort in drugs or alcohol. Stress

substances to deal with the negative effects. These traumatic events include domestic

When faced with job loss, bankruptcy, death of a loved one, divorce, etc., women tend to experience a higher stress level. Also, a particularly tiring job can contribute to chronic stress. As a result, some use substances such as alcohol and prescription drugs to get relief. However, continuous use can easily develop into addiction over time.

#### Low self-esteem

Women who battle with low self-esteem due to abuse or any demoralizing experience tend to feel depressed and have a higher tendency to turn to substance abuse. Unfortunately, more substance abuse can lead to even lower self-esteem, thereby creating a vicious cycle.

### How do we help women who are hurting from addictions?

Although the effects of addictions can be severe, it's never too late to seek treatment. At Robert Alexander Center, we believe in personalized service, and this impacts how we work with women who are hurting from addictions. Our treatment options include the following:

#### Detoxification

The first step for every woman experiencing substance abuse to take is detoxification. It's the process where the body removes toxins built up over the years due to alcohol or drug abuse. It helps the body metabolize these substances to prepare them for their journey to recovery. The best detox is carried out in a safe and controlled environment, under the professionals' watchful eyes.

## **Outpatient program**

The outpatient program is suitable for women who seek treatment but can't be away from their work, families, or school for a period. This program offers them the full benefits of in-patient treatment programs without them staying at the treatment facility. Based on their plans, they can attend therapy sessions on designated days of the week.

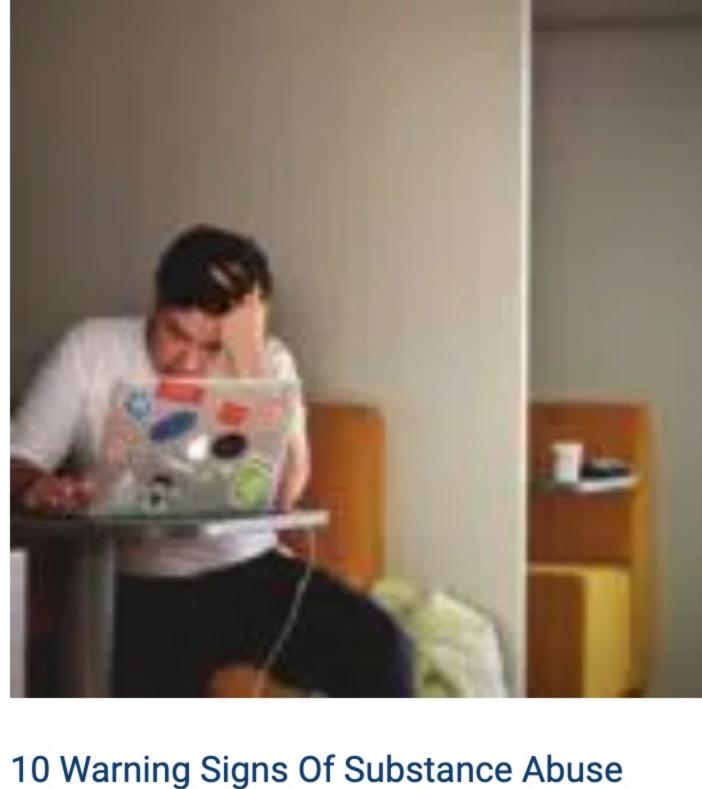
### Intensive outpatient program (IOP)

The intensive outpatient program is available on a part-time basis. It offers full, intensive addiction treatment for women who can't reside in the treatment facility for a long period. Usually, the IOP is recommended after completing the in-patient treatment program and helps ease women into their daily routines while working on their recovery goals. It's more intensive than the standard outpatient program as it requires patients to attend weekly meetings and therapy sessions in the mornings and evenings.

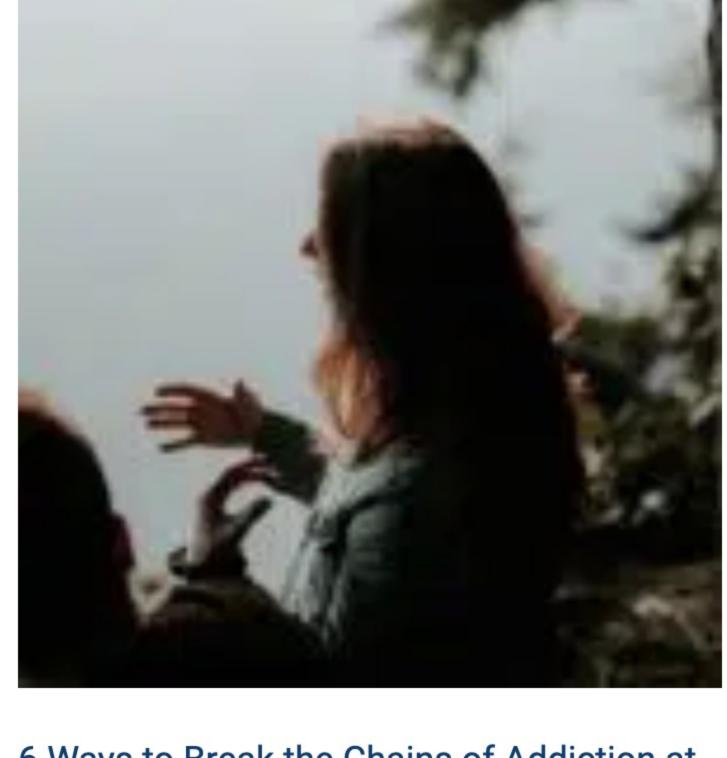
Other rehabilitation services include the residential in-patient program, partial hospitalization, family therapy and program, and aftercare planning.

Should you seek help to overcome addiction, feel free to visit Robert Alexander Center for all your recovery needs.

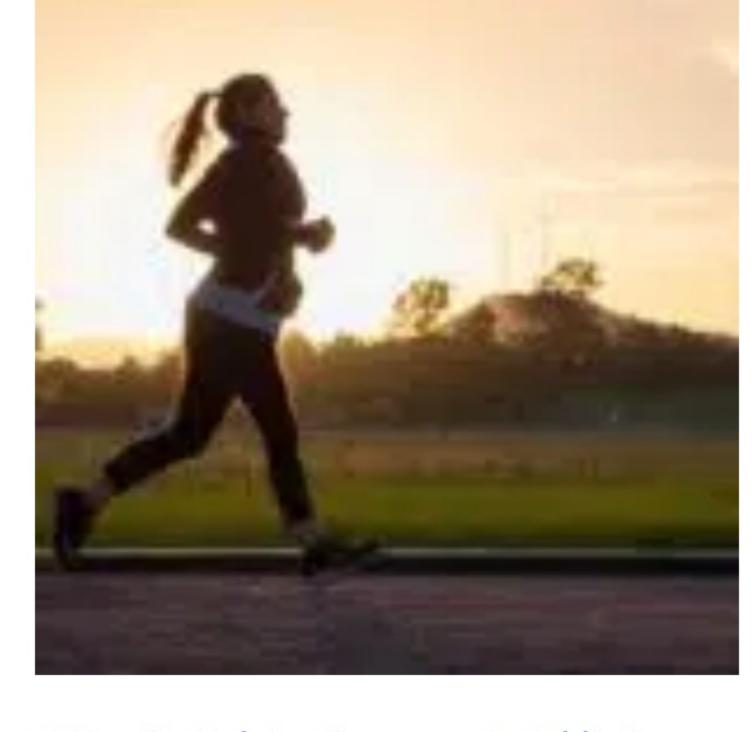
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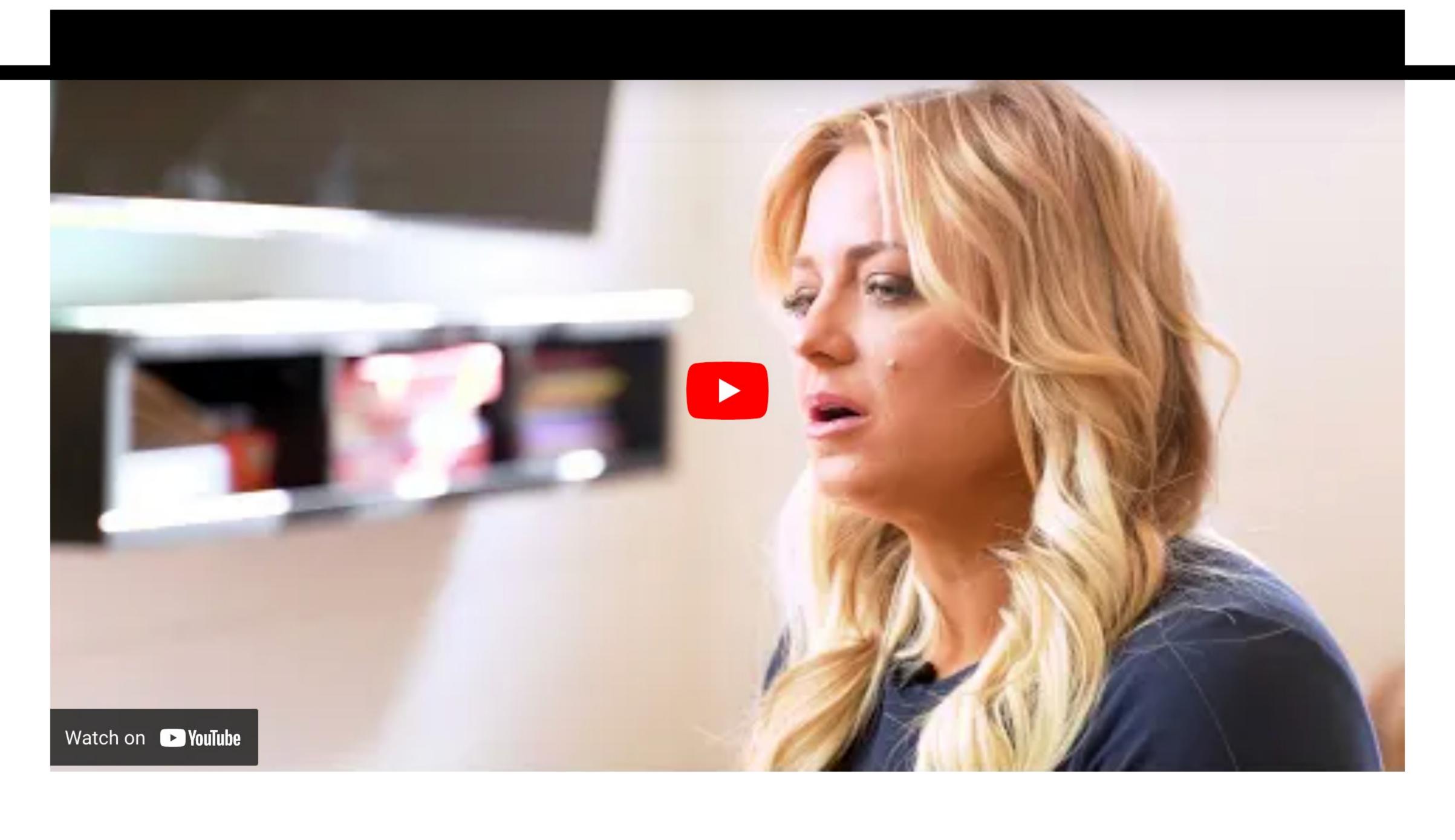


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P: 1-844-328-8406

The Robert Alexander Center for Recovery is a brand new, state of the art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.





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