

What Is the Treatment for Alcohol Addiction?

by Robert Alexander Center | Feb 24, 2022 | Blog | 0 comments



Addiction to alcohol means that an individual continues drinking even when they face negative consequences. Their excessive drinking may lead to problems at home, work, or school but they can't help themselves. They may even have health issues as a result but are incapable of quitting on their own. If you or your loved one is struggling you might be wondering, what is the treatment for alcohol addiction?

Luckily there are a variety of treatment options available to help break free.



What Is The Treatment For Alcohol Addiction? Detoxification.

The first step in treating alcohol addiction is getting you off the alcohol. This is where detoxification comes in. The goal of detoxification is to give your body time to get rid of toxins left behind by alcohol. This can take anywhere from a couple of days to a week or slightly more.

During this time, you may experience withdrawal effects that range from unpleasant to life-threatening depending on the severity of your addiction. This is why [medically supervised detox](#) is advisable to help ease withdrawal symptoms and manage cravings. Once done with the detox stage, you're ready to transition to other alcohol addiction treatment programs.

Rehab Treatment.

Going to rehab gives you the best chance of beating alcohol addiction. Rehabs such as the [Robert Alexander Center for Recovery](#) specialize in providing individualized treatment options that suit your recovery needs. These treatment programs are offered on either an inpatient or outpatient basis.

Inpatient or residential treatment means that you live in the treatment center. This is suitable for people with serious alcohol addiction. The advantage of residential treatment is that you can completely immerse yourself in your treatment and recovery without distractions from the outside world.

Outpatient rehab treatment on the other hand involves going to the treatment facility for several hours on select days of the week. This is ideal for those with mild or moderate addiction as well as those who can't take time off their schedules for residential addiction treatment. Outpatient treatment is available as partial hospitalization, [intensive outpatient treatment](#), and standard [outpatient treatment](#).

Medication.

Medication is also available to help treat alcohol addiction. This works best if used in combination with therapy treatment such as [family therapy](#) to effect a change in the individual's behavior. The medication commonly used includes Disulfiram, Naltrexone, and Acamprosate.

Beating Alcohol Addiction is Possible

You don't have to resign yourself to living with alcohol addiction. We at the Robert Alexander Center for Recovery in Kentucky can help you conquer addiction and go on to live a sober life. We have a team of experienced addiction specialists who have helped others like you turn their lives around and are ready to do the same for you. All you have to do is get in touch with us and commit to one of our addiction treatment programs. We look forward to helping you get better.

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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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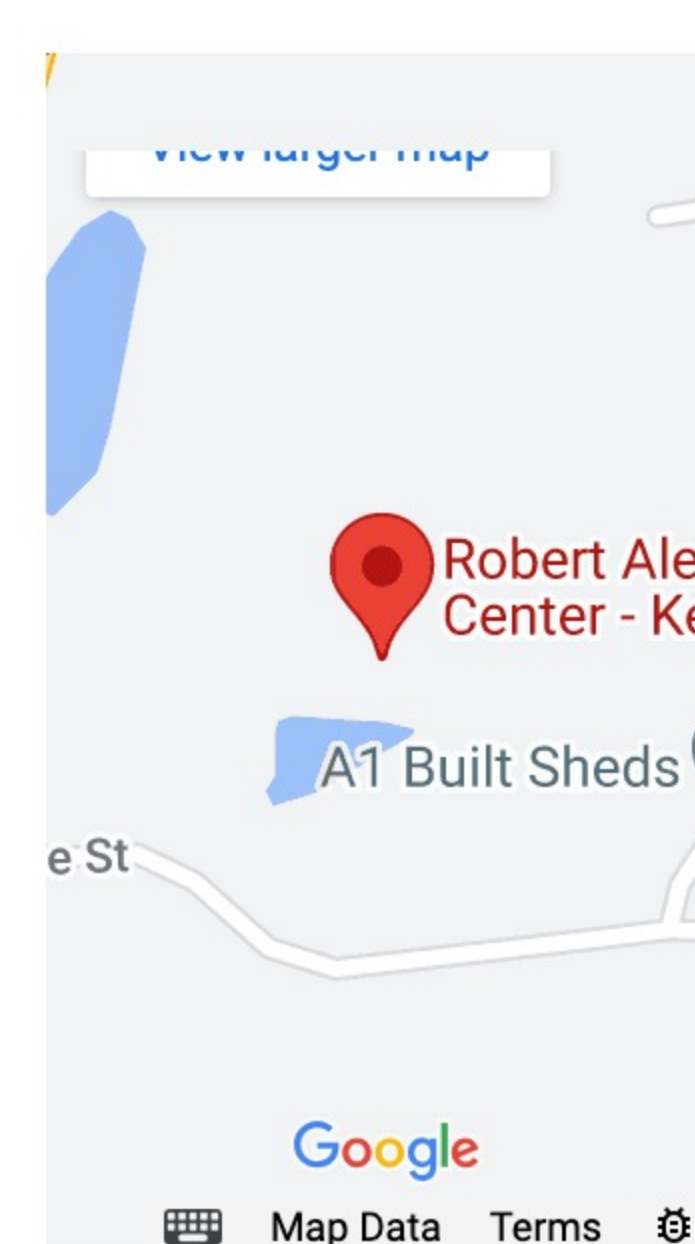
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