

6 Benefits Of Outpatient Therapy In Addiction Treatment Center

by Robert Alexander Center | Nov 24, 2022 | Blog



Patients who explore addiction, [alcohol treatment](#), or drug treatment have different pathways that they can take on their road to recovery. This includes both inpatient treatment as well as outpatient treatment.

In-patient rehab provides support within a facility and can last anywhere between 28 days to six months depending on the requirements for addiction treatment of the individual.



In contrast, [outpatient](#) rehab is far less restrictive. It can be provided by a patient visiting a local treatment center on a weekly basis or through other external options. In this article, we'll discuss and explore some of the key benefits of outpatient therapy for those who require drug rehab or alcohol rehab.

A Versatile Solution

People often assume that outpatient therapy is only suited for those with mild addiction. While it can be useful for people experiencing this type of issue, it can also be suitable as part of a long-term treatment program.

As such, this is a versatile treatment option that can provide different benefits and support for people who are experiencing various levels of drug or alcohol addiction. As such, this means that outpatient treatment may last several months or over a year.

Again, this depends on the requirement of the patient. There are also different levels of outpatient therapy including [intensive outpatient](#) support.

Provides Patients With The Chance To Acclimatize

As part of a treatment plan for a severe addiction or long-term problem, outpatient therapy can help patients acclimatize back into their life and their typical routine. Through in-patient therapy, individuals gain support at an addiction treatment center.

This provides advanced options. However, it takes place in a controlled environment. As such, patients are removed from the stresses and triggers that led to them needing addiction treatment in the first place. As such, it's important that patients also receive support once they return to their normal life.



Gaining Addiction Treatment While Around Friends And Family

As mentioned, outpatient therapy can be completed while the patient is living in the comfort of their home. This means that they will be around friends and family members as well as other key people in their social group.

This is important as research shows that building and maintaining healthy relationships is key to successful drug rehab and alcohol rehab. Patients can work on their therapy goals while remaining close to family and friends who will always be there for support.

Flexible To Schedules

Once patients leave an addiction treatment center, they often have the desire to return to their normal lives and typical routine. They may wish to return to work or spend time with their family and complete activities such as picking their children up from school.

Outpatient therapy schedules are completely flexible to the needs of the patient and designed to fit into a traditional routine. For instance, meetings can be conducted at night or early in the morning. As such, patients can continue to gain the support they require without disrupting their schedules.

Provides Patients With Access To Recovery Groups

Inpatient therapy is often focused on [detoxification](#). Outpatient therapy can be used to ensure that patients gain access to recovery groups that meet their needs.

For drug rehab, this can include Narcotics Anonymous and for alcohol rehab, this will include Alcoholics Anonymous. Research shows strong evidence that these 12 steps groups are key to helping addicts remain sober after they complete a detoxification process. Some patients also find these groups helpful once they have finished a full outpatient program.

A Practical Alternative To In-Patient Treatment

In-patient therapy for addiction treatment won't be a suitable option for a lot of people. Some individuals will resist taking a break from their schedules, personal or professional life for a stay in an in-patient facility to get the treatment they need. Others will find that in-patient support is beyond their price limits.

Typically inpatient programs will always cost more than outpatient alcohol or drug rehab. As such, outpatient therapy can offer a practical solution that is accessible to people with a range of financial and personal requirements. It's also important to be aware that many people with a drug or alcohol addiction will not require the facilities that an inpatient addiction treatment center provides.

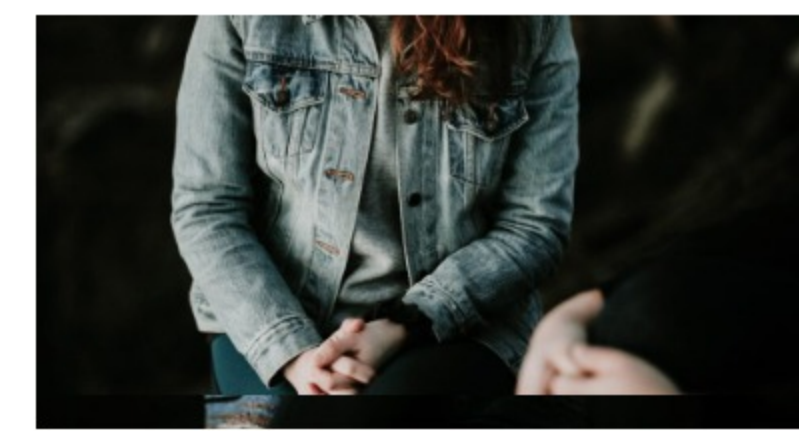
We hope this helps you understand some of the key benefits of outpatient therapy for patients. This can be a suitable option for those who require drug or alcohol [treatment](#). It provides a more flexible solution compared to inpatient therapy while still providing the support patients need to beat their addiction and improve their well-being.

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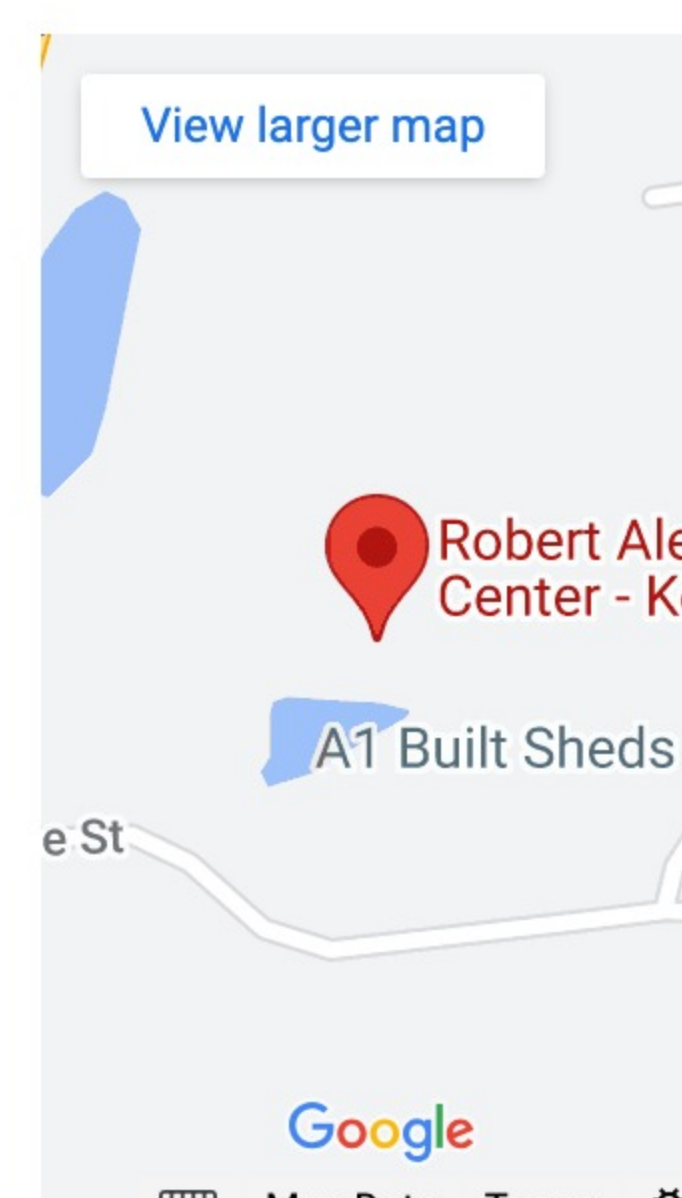
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