

# Comprehensive Guide to Meth Addiction Treatment In Drug Rehab

by Robert Alexander Center | Oct 24, 2022 | Blog



Having to enter drug rehab is never easy. It is one of the most challenging things that anyone can ever face. However, once you reach the point of actually checking yourself into rehab it is a positive step. It means that you are ready for help and to get your life back on the right path. [Methamphetamine](#) addiction is not unusual. It is one of the most commonly treated addictions in rehab centers.

Here's a closer look at some of the important things you need to know about methamphetamine addiction and how it is treated in rehab.



## Signs of Meth Addiction

There are certain unmistakable signs that someone has a meth addiction. Once the signs and symptoms become pronounced it is time to see our professional help.

The first major symptom someone has methamphetamine addiction is when they have a strong craving for the drug. The cravings may start small but they quickly escalate. If you have a meth addiction you might start using the drugs in dangerous conditions. For example, you may use the drug and get behind the wheel of a car.

Methamphetamine addiction is also characterized by changes in behavior. You may not be able to sleep or eat normally. You might find that you have mood swings or aggressive behavior. Once this happens it is time to check into a rehabilitation facility.

## Treatment Options

Several treatment methods are available if you become addicted to meth. The treatments are usually customized to suit the individual.

Once you come off methamphetamines you will have withdrawal symptoms. Detoxification [is the first step](#) and necessary step in the rehabilitation process.

Fortunately, methamphetamine withdrawal is normally not as severe as other forms of drugs such as opiates and sedatives. Your symptoms will likely go away within a week although it may vary depending on the person.

The first step towards ensuring that you have a supportive environment during the withdrawal process is to check into rehab. A good facility will have trained experts who will answer your questions. These experts are specially trained to deal with any psychological and physical impacts of your rehabilitation.

## Types of therapy

There are several different types of therapy available for those who suffer from methamphetamine addiction. Behavioral therapy is one of the most effective treatments for this addiction.

A motivational and reward model can be used, or a matrix model of therapy may be utilized. Each of these has its benefits.

## Cognitive-Behavioral Therapy

During cognitive behavioral therapy, you are made aware of the high-risk situations that could cause you to relapse. You are taught to develop coping skills so that you can manage temptations.

This temptation may be from outside forces as well as cravings that you may experience for the drug. Being psychologically aware of the harmful nature of the drugs and taking conscious decisions to avoid them are at the heart of cognitive behavioral therapy.

## Rewarded Behavior

During addiction treatment, you may be given incentives to motivate you as you continue to make positive efforts along your journey. As you stay strong in your journey the rewards will increase. This is to encourage you to continue on the right path. The incentives you get are tailored toward your specific needs.

## The Matrix Model

The matrix model is another model that is used during therapy. It incorporates a wealth of different strategies to help you overcome your addiction.

It includes behavioral therapy, individual therapy, as well as family therapy. All these three types of therapies work together to help bring you on the [road to full recovery](#).

Family therapy is often necessary because when a person is suffering from an addiction it not only affects them but those around them as well. Family therapy is done so that healing can take place not just for the person who is recovering from the addiction but the family members who are affected as well.

## Get Drug Treatment

You must choose the right addiction treatment center. The [Robert Alexander Center for Recovery](#) is one of the best places to recover from methamphetamine addiction. It provides a supportive environment with rehabilitation that is personalized to your needs.

Your treatment program will take into account your triggers toward addiction and your background. At our treatment facility, the treatment is focused on you as an individual. This makes it easier for you to recover successfully from substance abuse.

If you're [seeking personalized treatment](#) to help you recover from meth addiction, do not hesitate to contact our center.



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.

### Site Map

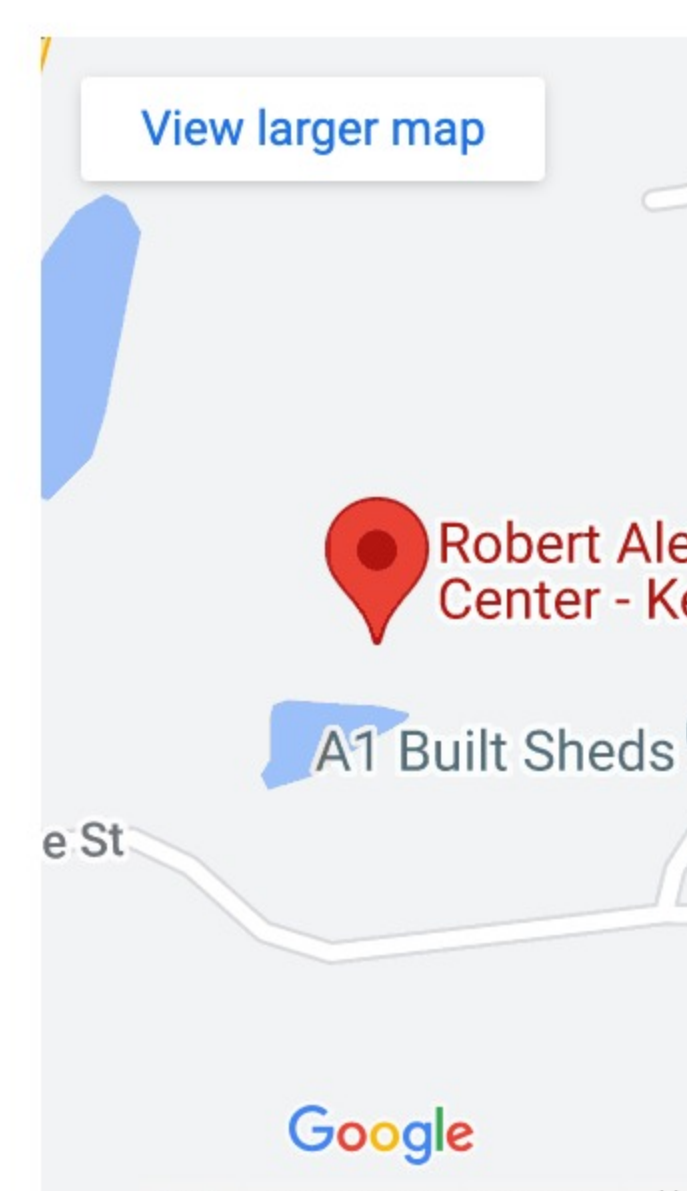
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### Treatment Solutions

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130 Hope Street  
 Mount Washington,  
 Kentucky 40047



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### Areas We Serve

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### Who We Help

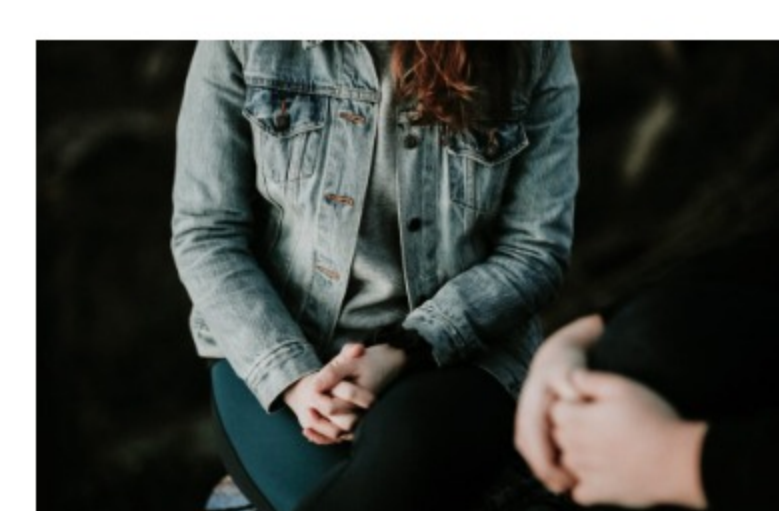
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### Treatment Programs

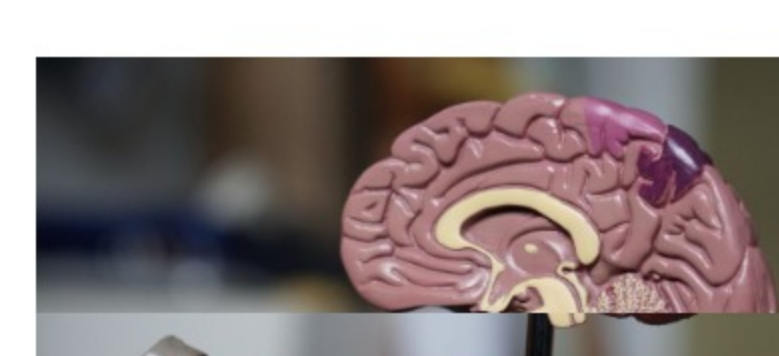
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The Difference In Residential Vs. Partial Hospitalization In Addiction Rehab



Can Alcoholics Successfully Moderate Their Drinking Habits?



Brain Recovery From Opioid Addiction: A Timeline



Breaking The Cycle: Treating Trauma For Lasting Recovery



Setting And Achieving Goals: Using Sober November As A Catalyst For Change

## Key Resources

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