

What Is Medical Detoxification In Addiction Treatment Centers?

by Robert Alexander Center | Aug 21, 2022 | Blog | 0 comments



What is detoxification in addiction treatment centers? This is a question that is asked by many people who are looking into getting help for their addiction. Detoxification, or detox for short, is the first step in addiction treatment. It is the process of removing all traces of the addictive substance from the body. This can be a difficult process, but it is necessary to begin the recovery process.

What is Detoxification?

Detoxification, also called detox, is the first step in addiction treatment. It is the process of removing all traces of the addictive substance from the body. This can be a difficult process, but it is necessary to begin the recovery process.

Types of Detoxification Programs

There are two types of detox programs: medical and non-medical. [Medical detox programs](#) are typically run by doctors and nurses who can provide medication to help with withdrawal symptoms. Non-medical detox programs do not use medication to help with withdrawal symptoms but may use other methods such as vitamins, supplements, and therapy.

Non-medical detoxification

Non-medical detox is a type of detox that does not use medication to help with withdrawal symptoms but may use other methods such as vitamins, supplements, and therapy.

Vitamins and supplements can help to replenish the nutrients that are lost when you stop using drugs or alcohol. Therapy can help you deal with the emotions and mental health issues that may be causing you to turn to drugs or alcohol in the first place.

Non-medical detox programs can be done at home or in an outpatient setting. If you decide to do an outpatient program, make sure you choose one that is accredited and has a good reputation.

Outpatient programs typically last for 30 days but can be longer if needed. You will meet with a therapist or counselor on a regular basis and attend group meetings. You will also be given assignments to help you stay on track.

Inpatient programs are typically 28 days long but can be shorter or longer depending on your needs. In an inpatient setting, you will live at the treatment center and have 24-hour access to care. You will participate in individual and group therapy, as well as other activities such as yoga and meditation.

What Is Medical Detoxification In Addiction Treatment Centers?

Medical detoxification should only be done under the supervision of a doctor or nurse. There are many potential dangers associated with withdrawal, so it is important that you are under the care of a medical professional.

Medical detoxification usually takes place in an inpatient setting, such as a hospital or addiction treatment center. During medical detox, you will be closely monitored by medical staff and given medication to help with withdrawal symptoms.

What Happens After Detoxification?

After you have completed detoxification, you will need to begin the next step in addiction treatment, which is typically an inpatient or [outpatient program](#). These programs will provide you with the tools and resources you need to overcome your addiction and maintain sobriety.

If you or someone you know is struggling with addiction, please reach out for help. There are many resources available to assist you on your journey to recovery.

Intensive-outpatient treatment (IOP)

After you have completed detox, you may be ready to move on to an [intensive-outpatient treatment program](#). In an IOP, you will meet with a therapist or counselor on a regular basis and attend group meetings.

You will also be given assignments to help you stay on track. IOPs typically last for 12 weeks but can be shorter or longer depending on your needs. You will live at home and participate in treatment during the day. In most cases, you will be able to continue working or going to school while in treatment.

No matter what type of detox program you choose, make sure you are ready to commit to it. Detoxification is only the first step in addiction treatment; it is not a cure. After completing detox, you will need to continue your journey in recovery by attending therapy, participating in support groups, and making other lifestyle changes. But detoxification is an important first step that can help you on your road to recovery.

[Robert Alexander Center for Recovery](#) is an accredited and reputable drug & alcohol rehab program in Kentucky that offers evidence-based, personalized, and supportive treatment to each and every client that comes through our doors.

We are here to help you on your journey to recovery. We understand that there is no magic, one-size-fits-all approach to treating the disease of addiction. Our focus is on the individual. We craft unique treatment plans for each client to ensure long-term success in recovery from substance abuse. Contact us today to learn more about our program and how we can help you take the first step towards a sober life.

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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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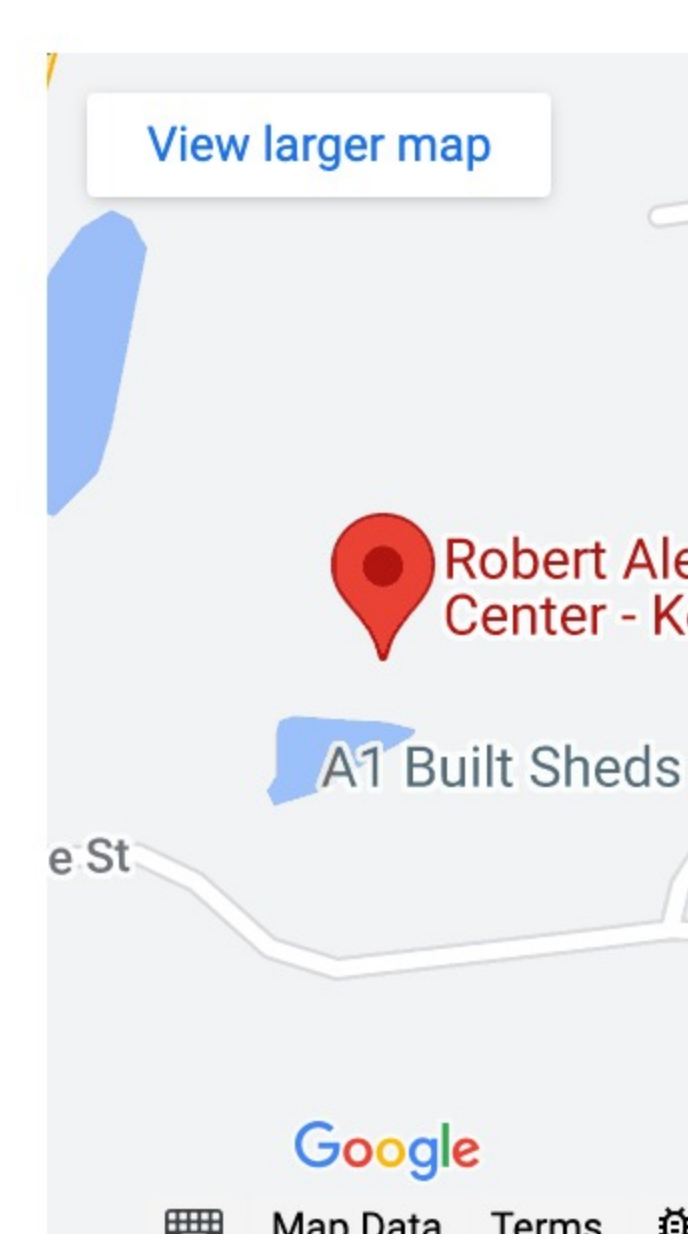
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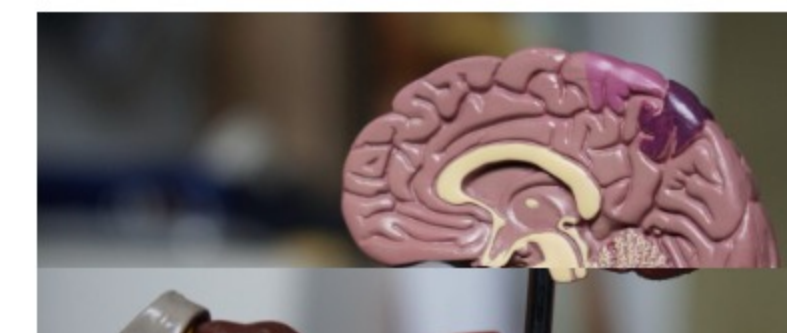
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Breaking The Cycle: Treating Trauma For Lasting Recovery



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

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