

## Addiction Treatment: Not a One-Size Fits All Solution

Addiction is something different for each individual, meaning that the treatment is also unique to each person who goes through it. Some rehabilitation programs advertise that their patients are cured with just one twelve week course, but in reality, overcoming addiction is a lifelong endeavor that simply gets easier with time.

This certainly does not mean there is no hope for recovery. Thousands of people are recovered addicts, living full and happy lives. The addictive part of the mind may always be there but with effective therapy programs, that part becomes smaller and quieter. Here you will find a brief overview of what to expect on your road to recovery, what to look for in a program, and what types of programs are available.

### Pre-Treatment: What to Expect

Hoping for or expecting immediate results from any therapy program is setting yourself up for failure. Recovering from addiction is not a rapid process. You must acknowledge that these [programs take time](#) and dedication, while remembering that recovery is worth the effort in the end.

Motivating yourself to see such a difficult task through to the end may seem unrealistic but you must remember that you can never succeed at what you don't try. Expect the first days, weeks, or even months to be hard. There's no way around that. But also expect to begin to feel better, more in control, and happier with your life as you stick with your program.

### Finding a Program: What to Look For

Each individual has a different past, a different experience with addiction, and different responses to treatment. There is a vast number of treatment methods to explore and, regardless of your situation, there is one for you. To find the right one, it may be beneficial to sit down and create a list of things you think would be useful in recovering. Use this list as you browse your options. An ill-fitting program will not put you on the path you need to recover.

Furthermore, no decent program will have a rigid, standardized format. These programs should display the [flexibility](#) to cope with different situations. You should also keep in mind that there may be falsely advertised programs and that any valid program will be state-certified with properly educated staff.

### Treatment Methods: Some Popular Choices

Even with your list of ideal program traits, you may still not know where to begin. One of the most popular types of treatment for addiction is [group therapy](#). Group therapy allows you to meet with and listen to people who are going through the same thing you are. This can help you feel less ashamed, less



lonely, and more confident in your ability to overcome your addiction. These groups also tend to be specific to certain types of addiction such as alcoholism, [pain-killer addiction](#), or hard drug use.

[Family-focused therapy](#) can be beneficial for both the patient and the family members. Including the family in the recovery process can decrease tension and can provide a more solid support system. The accountability this option offers may result in a lower risk of relapse.

Demographic-specific treatments are more tailored to certain at-risk groups. Centers devoted to LGBTQA-centric programs, for example, are more prepared to cope with specific cases and may make you feel more at home and truly understood.

Any number of treatment options can also be mixed and matched. A newer method such as hypnosis, which lacks proper study, may hugely improve the benefits of a certified program when used simultaneously.

It may take some trial and error to find a program that is well-suited to your needs, but with the sheer number of options at your disposal, it is important to not lose hope. Your recovery is possible and even probable with the right research and the right program.

**Jennifer McGregor** has wanted to be a doctor since she was little. Now, as a pre-med student, she's well on her way to achieving that dream. She helped create [PublicHealthLibrary.org](#) with a friend as part of a class project. With it, she hopes to provide access to trustworthy health and medical resources. When Jennifer isn't working on the site, you can usually find her hitting the books in the campus library or spending some downtime with her dog at the local park.

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