

# Drug Treatment Centers

## Types Of Detox In Drug Treatment Centers

The decision to go into rehab can never be taken lightly, and although drug treatment centers provide dedicated care and therapy for addicts, coming to the decision to admit a loved one is made more difficult when the various types of detox are also considered.

In order to understand the types of detox available, the overall picture of what is required for a full recovery should be considered. Drug rehabilitation is facilitated in three distinct stages:

- Detoxification &ndash; removal of drugs from the addict's body
- Therapy &ndash; learning to cope with withdrawal
- Integration &ndash; learning to cope with life issues

The initial detoxification stage can be further broken down into the various forms available. Each has their own benefits, and some are more suitable than others with regards to the patient's addiction, medical history, and financial situation. Traditional Detox

Traditional detox involves a period of removal of the drug from the addict's system. This can occasionally be a painful process. Crack detox is particularly debilitating because Crack is a highly addictive drug, and since traditional detox involves prolonged enforcement away from drugs while the body is cleansed, detox can become very uncomfortable. Rapid Detox

Cocaine detox and heroin detox are two programs that may be administered under rapid detox. This method involves cleansing the brain receptors, after which the patient is free to leave. No conscious withdrawal from the drug is felt using this method, hence its desirability. This is a dangerous method, though, and rapid detox is therefore not advisable for those with certain medical conditions and without the advice of medical professionals. Long-Term Detox

For addicts with severe drug problems, a long-term drug treatment program on an in-patient basis may be more practical. In-patient treatment can last up to 6 months and involves the use of natural exercise, mineral and vitamin supplements and therapy, as opposed to detoxification medication. Holistic Detox

Holistic detoxification is an attempt to understand and address the root causes of an abuser's addiction. It provides addicts with the opportunity to learn new skills to aid their integration back into society, and help prevent future relapse. 12-Step Detox

The 12-Step Detox Program involves close guidance through a set of pre-defined principles. It involves the addict coming to terms with his addiction by admitting he has lost control, recognizing a greater power can give him strength, examining past errors and fixing them, and learning to live a new life while helping others that also suffer.

Whatever treatment is decided upon, for any detox program to work it must involve the individual at all stages. Only a suitable detox program combined with relevant therapy can boost an addict's chances of recovery, and help him integrate back into society out with a drug-free lifestyle.