



Treating Alcoholism in **INPATIENT REHAB**

Statistically speaking, inpatient rehab is the most effective way to treat alcoholism, and studies show that those who spend 28 days or more at an inpatient treatment facility can nearly double their chances for long-term sobriety with less chance of relapsing.

The problem with inpatient treatment centres, however, is that many people dealing with alcoholism don't understand what goes on behind their closed doors, and it can be a very frightening idea to pack up your stuff and go to a facility you don't know anything about. Often, alcoholics and other addicts wonder if it will feel like jail, if they'll be fed well, if they can have contact with their friends and family, and the list goes on. Another major question is of course – what happens during their stay?

First of all, contrary to popular belief, inpatient rehabilitation centres are not set up like jails with locked doors and security guards walking the halls. Instead, the environment is designed to encourage its patients to relax, be comfortable, and interact with the staff and other patients on a regular basis.

Most centres offer a minimum stay of 28 days. The first seven days are usually assigned to detoxing as many patients who enter the facility still have alcohol in their system. This is something that can be very dangerous for the addict to do on their own as alcohol withdrawal symptoms can be quite severe including tremors, heart palpitations and even seizures. For this reason, inpatient facilities have medical staff on site 24 hours a day to ensure a safe environment to fully detoxify the body.

Once the physical detox has been carried out, the remaining time at the centre will focus on the psychological addiction to alcohol that still remains. This second phase of the program will be integrated seamlessly into daily routines such as group therapy sessions, individual therapy sessions, support group meetings and medical appointments. The days are somewhat strictly regimented in an effort to keep the addict's mind away from the alcohol they still desire. Not to fret, however, the days do not go by without a bit of fun. The days at the centre will also typically include daily group exercise, optional classes in art, health or even cooking, and also outings to local sites and more. Each day, the addict will be surrounded with medical, psychological and very importantly, peer support.

All food is usually taken care of on-site by an in-house chef and/or restaurant facility. That being said, there are thousands of facilities to choose from all over the world which vary widely in the services they provide, and you often get what you pay for. From sterile hospital-type decor and arrangements, to exotic locations with fine dining and Egyptian cotton sheets, no inpatient centre is exactly the same as another.

The good news is, however, that the high-end treatment centres don't only exist in places like Malibu, California and they don't have to cost one or two arms and a leg. There are many high-end treatment centres in other parts of the world that offer tropical climates, luxury accommodations and world-class medical support at up to one-third of the cost of similar facilities in the West.

But budget aside, it's important to attend a treatment facility that uses an appropriate method of treatment for the addict. Some centres use treatment programs that have a strong tie to Christianity or certain religious beliefs, which not everyone is comfortable with. Other facilities take an approach focused more on medicine and individual psychology. In any facility, however, it is very important to check the credentials of the counsellors and medical staff, and to check for reviews and testimonials from previous addicts. Unfortunately, there are many facilities around the world that make promises they can't keep which is why research is important. For any addict looking to enter a treatment facility it may be a good idea to enlist family and friends to help research the facilities available and find the one that appears best suited for that individual. Being comfortable and at ease in a qualified treatment centre is an important step of recovery and could be the difference between being successful in recovery, or not.
