

# 14<sup>th</sup> International Conference on ADDICTION & PSYCHIATRY

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## The latest update on Addiction Treatments

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Addiction treatment is not one-size-fits-all. Undoubtedly addiction management takes a multi-disciplinary approach to maximize success. The first step is to get the addicted person to admit that there is a problem and that s/he wants to rid self of it. Without admittance, any treatment is destined to fail. Next would be the following:

### **Detoxification:**

Medically assisted detox allows you to rid your body of addictive substances in a safe environment. This is crucial because sometimes, substance withdrawal can cause disturbing or even life-threatening physical symptoms. Detox does not treat the underlying behavioral causes of the addiction. Thus, it is typically used in combination with other therapies.

### **Cognitive Behavioral Therapy:**

Cognitive Behavioral Therapy (CBT) is a valuable treatment tool because it can be used for many different types of addiction, including food addiction, alcohol addiction, and prescription drug addiction. CBT can help you recognize your unhealthy behavioral habits; it can also help you learn to identify triggers and develop your coping skills. CBT can be combined with other therapeutic techniques as well.

### **Rational Emotive Behavior Therapy:**

Or (REBT) could help you recognize your negative thoughts and give you ways to combat feelings of self-defeat. The primary goal of REBT is to help you realize that the power of rational thinking lies within yourself and is not related to external situations or stressors.

### **Treatment with Medication:**

Although I'd be reluctant to use medications to treat addiction and try to avoid it, yet; medicine can play an essential role in recovery when combined with behavioral therapies. Certain medications can reduce cravings, improve mood, and decrease addictive behaviors. Like the FDA recently approved Lofexidine to help reduce cravings and withdrawal symptoms in patients receiving treatment for opioid addiction.

**Maintenance:** Faith and meditation may play an important in maintaining sobriety.

## **Biography**

Dr. Tarabein's Neurology & Spine Center (which he owned and operated) remained for 21 years the fastest growing practice in south Alabama, serving the entire southeast USA, where he provided his neurological and neurosurgical care, with his exceptional expertise in spinal implants and interventions, including spinal blocks, radio-frequency, spinal implants and more. His facility (which he owned and directed) was fully equipped with comprehensive neuro-diagnostic lab and MRI for precision in diagnosis and treatment.

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