

What Is Alcohol Rehab Like?

Alcohol addiction affects around 586,780 people in the UK. However, only 18% are receiving treatment. (1) Solving the issue of alcohol addiction is crucial to your mental and physical health in order to improve the quality of life and the relationships with your loved ones.

We all drink on occasion. Celebrating an anniversary, a promotion or knocking glasses of wine over a candlelit dinner are common ways of enjoying life's special moments. However, for some people, alcohol consumption doesn't involve joy or pleasure but a need to escape. When you feel like you need alcohol to feel better about yourself or escape an unpleasant situation, that's when you know that you have a problem.

The first, crucial step in dealing with your alcohol addiction is recognizing and accepting that you have a problem that needs a solution. Recognizing that you use alcohol in unhealthy ways that are hurting you and your loved ones is an important part of your recovery from alcoholism.

There is no shame in accepting the fact that you are suffering from addiction. Every addiction issue is a sign of psychological pain. There's no need to feel ashamed of your pain since pain is a natural, human emotion. Once you get passed this first step of self-acceptance, you can go onto the next step, which is finding a practical solution for dealing with your alcohol addiction problem.

At UK AT we offer the solution to your alcohol addiction problem. When you enter an alcohol rehab facility like ours, you usually go through six phases of recovery that last between 3 to 6 weeks.

1. Alcohol dependence assessment

The first step in your alcohol rehabilitation program is assessing the level of mental and physical dependence on alcohol. Our experts at UK AT will collect information about your life circumstances, family relationships and other important details of your personal life. They'll also conduct a drug test and a psychological evaluation. This information is important in order to create rehabilitation programs designed to benefit your specific recovery needs.

2. Detoxification

During the phase of detoxification, all the alcohol traces in your body will be eliminated. This is an important part of the program. Without removing the alcohol from your bloodstream,

there is little chance that your condition will improve because you won't be able to focus on recovery. The detox program starts 3-5 hours after your last drink.

3. Psychological treatment

This is the most important part of your recovery from alcohol addiction. Psychological treatment in the form of talking therapies (eg. CBT) will familiarize you with the root causes of your addiction to alcohol.

Usually, the abuse of alcohol is a symptom of a more severe mental health issue like trauma or psychological disorders. The goal of the psychological treatment is to help you understand your underlining mental health issues and find healthier ways to cope with them.

Changing the way you respond to negative thoughts and feelings, for example, will help prevent the abuse of alcohol in the future. Cognitive Behavioural Therapy will teach you how to reinterpret the meaning of your thoughts so that you'll engage in a positive behaviour.

4. Medication

Our doctors at UK AT will recommend medication for you to use in order to cope with alcohol cravings or the changes in your mood. Medication is becoming a more helpful tool now in recovery from alcohol addiction. However, it is important that medicine is used in addition to the psychological treatment for your specific mental health condition. It is good to remember that medication alone won't solve your underlying psychological issues.

5. Education

Here, you will learn about the cycle of alcohol addiction and how the brain gets hooked on alcohol. It is important for you to know the patterns of behaviour so you can recognize them and stop them before they occur.

For example, one pattern of alcohol addiction is that you might be tempted to hang out with friends who drink alcohol because that's a familiar environment. Socializing with people who don't drink or learning new ways of socializing that doesn't include the use of alcohol will help you enjoy going out more. (and keep you away from the drug of choice)

6. Continuous support

Receiving support after the end of your rehabilitation program is a very important step in your recovery.

It is helpful for you to build a supportive system of like-minded friends, to seek emotional support or training at your workplace or find adequate accommodation if your previous alcohol abuse issues left you without a home. Building a supportive and nurturing environment is what will keep you in a positive mood and encourage a lifestyle where alcohol doesn't have any effect on you anymore.

What happens after I complete the rehab program?

It is very important that after the end of your rehabilitation program to continue your psychological counselling and practice those new coping strategies that you've learned during the program. Knowing how to handle the stress in your life is crucial to preventing alcohol abuse relapse. That is why it's important to continue to go to therapy for years after completing the recovery program.

Building new coping strategies takes time and you will need emotional support in those moments when you feel like reverting to your old ways.

You can also seek further support systems like local alcohol recovery groups, church programs designed to help those in recovery from alcoholism or even attend classes on how to develop certain psychological skills that you think will benefit you in your recovery.

Keeping yourself in check after your alcohol addiction program ends will assure your success from alcohol addiction. You can practice healthier coping skills to deal with your psychological issues instead of having beer or wine to numb them out.

Learning how to face yourself is a much more exciting experience, one that will leave you more fulfilled and accomplished.

You will soon understand that life gets easier when alcohol isn't involved and you can then face bigger challenges in life that will empower and transform you.

References:

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/>
<https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-statistics>