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Alcohol Addiction Outpatient Treatment In Louisville Services

Louisville Addiction Treatment Center - July 19, 2021

Many people struggle with alcohol addiction in Louisville. The difficult part is realizing whether you are one of them. Drinking has become such a integral part of our society that many people can't imagine going without a drink after work or dinner. In many circles, a party isn't complete without alcohol.

While occasional and moderate alcohol consumption poses no issues, problems arise when it becomes excessive and habitual. What started as a drink after work becomes a necessity for you. You gradually find yourself making up excuses to drink at all hours of the day. If anyone asks you about it, you either justify your drinking or become defensive. After a while, you can't imagine going without a drink and spend most of your waking hours feeding that need.

Alcohol addiction affects the individual as well as those around them. Your physical, mental and emotional health are at risk and so is your job. You also can't ignore the impact drinking has on your family and loved ones. They get to share the emotional side effects of your addiction. Alcohol abuse is one of the leading causes of marital stress and domestic abuse in families. If you have children, their needs are likely to be ignored as you feed your addiction. Your family and close friends are likely to experience anxiety, depression and shame because of your behavior.

Recognizing When You Have a Problem

In spite of the obvious signs of a problem, some people are still in denial about their alcohol addiction. However, if you notice that you are constantly drinking more than you intend to and for longer periods, there might be a growing problem. Similarly, if you find that thoughts of drinking dominate your mind to the point of losing interest in things you used to enjoy or that you're drinking alone in secrecy, hiding your habits from your friends, then it might be time to take a closer look at your drinking habit.

If you're dealing with all these and recognize that you have a problem with alcohol addiction, don't despair. Help is available through our alcohol addiction treatment services in Louisville. Our treatment program includes both intensive outpatient and outpatient programs as well as telehealth and teletherapy treatments for both men and women struggling with addiction.

Outpatient Treatment for Alcohol Addiction in Louisville

Our outpatient addiction program is geared towards those who have successfully undergone detox and maybe a residential addiction treatment program. This is often the last step in our continuum of care before being discharged completely from our rehab program.

If you take part in this program, you have to attend a few individual and group therapy sessions per week based on your recovery needs. This being an outpatient program, you'll be free to return home after these sessions instead of residing at the facility. It is also less intensive and less time-consuming than our inpatient treatment program. Furthermore, it gives you the autonomy, flexibility and convenience to continue with your life and maintain school, work or family obligations while still receiving help for your addiction.

Our outpatient program is a good choice for you if you have:

- **Mild to moderate alcohol addiction and don't require detox**
- **A strong and stable support system at home to motivate you to remain focused on recovery**
- **High motivation and drive to keep attending all the therapy sessions required**
- **A low incidence of relapse and have never dropped out of rehab in the past**
- **No co-occurring conditions or multiple addictions**
- **Discipline and don't require constant supervision and round-the-clock care**

Therapy Treatment Offered at our Outpatient Program

Our Louisville alcohol addiction outpatient treatment program offers different types of therapies to help clients. These are based on an individual's treatment goals. They include:

- **Individual Therapy** – these involve you having individual sessions with your therapist. You'll have to attend about one or two sessions per week, gradually reducing in scope until the therapist feels you're well enough to be discharged from the program. During these sessions, you'll discuss your progress in resuming your daily responsibilities as well as any issues that arise. It's also a chance to bring up any challenging situations and receive help working through them.
- **Group Therapy** – there are more group therapy sessions during outpatient treatment than individual ones. Again, the sessions you have to attend gradually reduce as you near the end of your duration in outpatient treatment. Group therapy gives you the chance to interact and form a supportive network with others in recovery who share some of your experiences. It can be comforting to realize that others also face similar challenges and their advice is invaluable.
- **Behavioral Therapy** – we incorporate behavioral therapy as part of our outpatient program. The aim of this therapy is to guide and motivate positive behavior change in our clients. This involves equipping them with better coping skills to handle their emotions and negative situations as well as relapse prevention education so that they can continue living sober lives.
- **Teletherapy** – we realize that not all our clients can make it to the facility to attend in-person therapy sessions. That is why we come up with telehealth and teletherapy services. This simply means that we provide regular therapy services, only clients can access them remotely using videoconferencing, the telephone or other web-based tools. We have found that this increases convenience for our clients, allowing them to plan therapy sessions around their schedules. They also don't have to commute, giving them the flexibility of accessing addiction treatment services from the comfort of their homes or wherever else they may be. Another plus is that teletherapy provides higher privacy since no one but the client and their therapist has to be aware of the treatment.

If you're struggling with alcohol addiction, know that help is available. You don't have to let the addiction dictate your life and you don't have to live with the frustration, guilt and shame. Choose to start your life over by getting in touch with us and getting started with our alcohol addiction outpatient treatment services in Louisville.

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