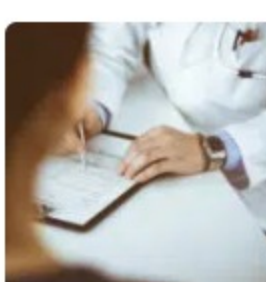


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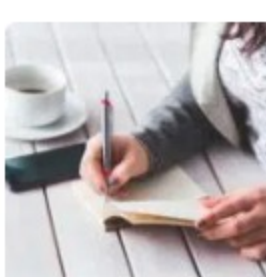
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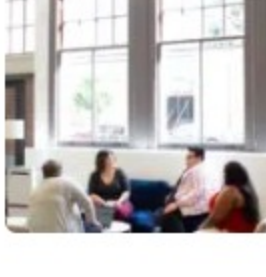
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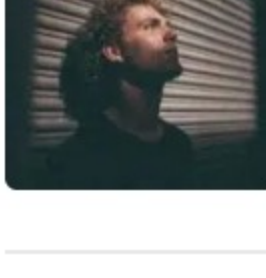
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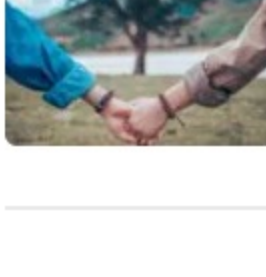
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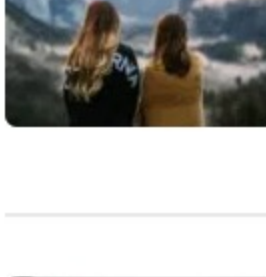
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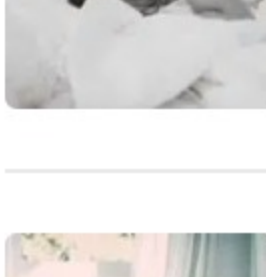
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## What Is The Outpatient Alcohol Treatment for Addiction Recovery?

 Louisville Addiction Treatment Center -  March 16, 2022

Alcohol addiction is characterized by an individual's inability to control unhealthy drinking or to stop altogether despite experiencing adverse consequences. This means that the person continues their harmful alcohol use despite experiencing health issues or problems at home, work, or school. Left unchecked, [alcohol addiction](#) can wreak havoc not only on an individual's life but also on their loved ones and work colleagues. In this article we will go over the residential treatment and outpatient treatment for alcohol addiction.

The risk factors for alcohol addiction include a family history of alcoholism, childhood stress and trauma, genetics, and an early onset of drinking. In most cases, those struggling with alcohol addiction also have co-occurring disorders such as depression and anxiety. These have to be addressed during treatment for a better outcome.

### Outpatient Alcohol Treatment for Addiction Recovery

Outpatient alcohol addiction treatment involves going to the rehab facility for treatment and then going back home. You have to attend several hours of treatment on selected days of the week and this reduces as you get better.



Outpatient treatment is ideal for those with mild or moderate alcohol addiction, no co-occurring health concerns, and a robust support system at home. Since you don't reside at the treatment facility, it gives you the freedom and flexibility to keep up with your schedules and responsibilities while undergoing treatment.

There are different types of outpatient treatment for alcohol addiction. These include:

- Detoxification – Detox gives your body time to flush away harmful toxins left behind by alcohol. Detoxing on an outpatient basis is ideal for those who don't experience severe withdrawal symptoms and is a way to help you get ready for longer addiction treatment programs.
- Partial Hospitalization Program – This is designed to offer the same level of care as residential treatment but without having the client live at the treatment facility. You attend treatment for up to 10 hours a day for several days as part of your treatment.
- Intensive Outpatient Program – This can be a step down from partial hospitalization and you have to attend treatment for about 3 hours, 5 days a week. These treatment sessions gradually decrease in intensity as your treatment progresses.
- Outpatient Treatment – [Outpatient treatment](#) for alcohol addiction varies depending on the patient's needs. However, you still attend therapy and other treatment sessions for a few hours a day, for several days a week. This can last for as long as you need treatment and can be followed by integration into an aftercare program.

### Affordable Outpatient Alcohol Addiction Treatment

If you or your loved one needs outpatient treatment for alcohol addiction, get in touch with [Impact Outpatient Program](#). This is an outpatient treatment center located a few minutes from Louisville, Kentucky. We offer both [Intensive outpatient treatment](#) and standard outpatient treatment for addiction. We also offer [telemedicine sessions](#) for clients who find it difficult to make it to the in-person treatment sessions.

[Contact us](#) today and get started on your recovery journey.


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