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Does Outpatient Counseling For Drug Addiction Work?

By Louisville Addiction Treatment Center

Outpatient counseling for drug addiction can be very beneficial. Our own Impact Outpatient Program has found a lot of success with offering outpatient counseling services to people struggling with addictions of all kinds, as the freedom and flexibility granted by them is one of the most sustainable ways to recover. If you want to know more about how outpatient counseling works, check out our guide below for more information.

Outpatient Counseling For Drug Addiction

Outpatient counseling is a form of therapy that allows a person to both receive rehab treatment but also continue living at home. Getting Admitted works in much the same way, but patients are allowed the freedom and normality of their home environments. Most people under outpatient counseling services have been identified as non-risk cases, but this can change over time, especially if a patient fails to keep up with their therapy appointments.

Moreover, outpatient counseling often works with a patient's own community to provide support for them. It allows a professional to see into a person's life and find ways to work with their addiction through it. All counseling is personalized and received in a supportive, judgment-free environment.

Effective Outpatient Services

Outpatient counseling is often used to focus on drug addictions. Let's go over three of the most evidence-based effective outpatient programs:

- Intensive Outpatient Services

Outpatient services, whether they are intensive or standard, allow a patient to work according to their own needs and boundaries. A person has the chance to attend as many counseling sessions (as dictated by their care plan) as they need, while still maintaining a sense of control over their own life. Outpatient counseling like this is usually employed for any case of addiction that's below severe.

- Telemed

Another effective form of outpatient counseling, Telemedicine takes the above principle a step further. Patients don't need to attend sessions in person, and can instead take face-to-face calls over the Internet from outpatient professionals. In doing so, both the caseworker and the patient in question have more flexibility over their personalized rehab care. Telemed brings the care you need right into your home, helping you to feel more at ease with your addiction needs.

- Multiple Pathways Treatment

When it comes to outpatient services, combining more than one type of therapy or counseling is a good way to champion a patient's recovery program. Knowing more than one coping strategy is always better than just having a streamlined therapy to rely on, and this principle is at the heart of what we do as rehab professionals. We can combine talking and behavior therapies with actual medication to address the physical side of withdrawal, and many patients find this works for them.

There are many effective outpatient services currently available through rehab centers. Finding one that works for you can take time, but when working with a professional you'll have the chance to safely experiment and follow a treatment that fully takes your needs into account.

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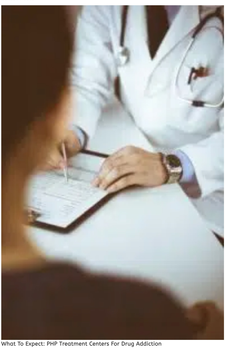

What To Expect: PHP Treatment Centers For Drug Addiction

Partial hospitalization programs – sometimes known as day treatment programs – are popular for some people to recover from addiction issues. Whether you have some

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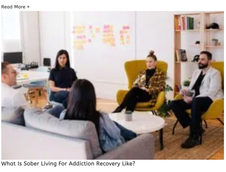

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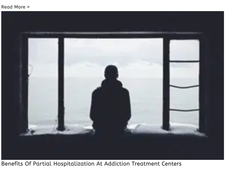

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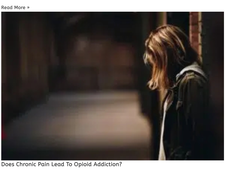

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What We Treat

Impact Outpatient Program offers treatment for a variety of addictions and co-ocurring disorders at our Louisville area outpatient drug rehab center.

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addiction

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