

More Treatments For Addictions

Contributed by Leslie Karsner

More info...

By Jonas Smith

For treatment alternatives in your area, some places to contact include counsellors (educational, school, professional / medical like psychologists), doctors and hospitals. They may offer treatment solutions that include self-help, smoking patches, online treatment and housing alternatives.

Some other options follow: Treatment Centres (mental health, crisis centres, substance abuse programs)

Detoxification - Immediately halting an addict's alcohol or drugs, can result in not only emotional but physical withdrawal, as the body has become dependent. So medical detoxification, or "de-tox" for short, is sometimes a treatment option. De-tox is the process by which an addict is actively withdrawn with the help of his physician while the negative substances are gradually removed from his body's system, in a step-by-step process. Depending upon the addiction, some medications have been found to help with controlling mild to extreme withdrawal symptoms like seizures, delirium and shaking, with inpatient care. For example, with alcohol addiction, benzodiazepines, carbamazepine and clonidine are sometimes used. And tranquilizers can be used for outpatient care. While with cocaine, Antidepressant drugs may be used to help treat depression and anxiety during withdrawal. De-tox combined

Use This Key To Unlock Your Creative Problem Solving Skills

By Mercedes Oestermann van Essen

You are what you think and your thoughts make your world. It really does not come any simpler than that. Alas, do you really know your thoughts and how they arise?

Can you truthfully say that you know which beliefs and values are your own and which ones you have inadvertently inherited through conditioning? You had better find out, because this knowledge will help you to solve problems quickly and creatively.

Maybe, you never examined your beliefs and values deeply. Most of us have not. When you do, you may be in for a big surprise. You will discover that the many thoughts, beliefs and behaviours you cherished as yours belong to someone else. This is what normally happens when people take steps to discover their authentic selves on the way to finding more effective and creative problem solving techniques.

It is hard to be honest with oneself. In fact, it is probably fair to say that it is the most difficult thing to do out of all the challenges we face on the path of personal growth. Somehow, we

The Eight Signs of Emotional Eating

By Mike Smith

A lot of people ask, "How do I know if I am overeating for emotional reasons?"

Luckily, figuring this out is one of the easiest things to do. There are very specific symptoms and signs that you can look for. If any of the following statements sound like they could apply to you, then it's likely you are struggling with emotional eating.

1. My hunger comes on suddenly.

Physical hunger comes on slowly. Hunger from emotional eating often comes on quickly and suddenly.

2. I crave specific foods generally not carrot sticks or steamed broccoli.

Cravings for specific usually unhealthy foods are a sign of emotional eating. Often people like the rush they get from satisfying their cravings. That rush is fulfilling emotional hunger.

3. My hunger feels urgent I need a particular food right away and I'm willing to walk out of my way, or get in your car late at night, or raid my kid's Halloween candy to get it.

Physical hunger, unless you haven't eaten for a very long time, is usually pretty patient. It will wait for food.

Deciding Where to Go for Counseling and Psychotherapy-From Mount Prospect, Volo and Marengo

By Mike Shery

A client-focused counseling practice can provide a variety of benefits to you. Look for one who treats other healthcare professionals and has an outstanding reputation.

Such a therapist will provide advice on all aspects of mental health and psychiatric care. Importantly, a client-focused therapist or counselor often provides a far better level of care and information than other mental health professionals.

He or she will often provide same day, weekend and evening appointments as well as phone consultations when needed. Other providers of psychological services often require you to wait several days to several weeks for an appointment and many will not provide consultations by phone or on weekends.

All Of Your Mental Health Needs

Client-focused counselors often do not stop at simply providing appointments. They can in fact take care of many related

needs, including providing suggestions for books, DVDs and tapes that would help you.

There are many other ways to speed-up the counseling process, including the taking of herbs and supplements that have been scientifically demonstrated to reduce anxiety and

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