

# Ecstasy (MDMA) Addiction Treatment near Ogden Utah

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MDMA, popularly known as Ecstasy or Molly, was widely used across the club scene and raves (dance parties) of the 1990s and 2000s. Since then, the drug has gained broader usage throughout the United States. Naturally, with many more people using the drug, many more are entering rehab to recover from addiction. Our multidisciplinary treatment team at the Renaissance Ranch [outpatient rehab](#) center provides complete MDMA addiction recovery and relapse prevention programs.

## What is MDMA?

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3,4-methylenedioxy-methamphetamine (MDMA) is a synthetic drug with chemical similarities to stimulants as well as hallucinogens. It strongly enhances mood and alters the perception of the surroundings, general sensory conditions, and time. Ecstasy also produces a sense of euphoria and increased energy and feelings of greater emotional openness and a deeper bond with others.

## How Do People Use MDMA?

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Ecstasy (popularly nicknamed Molly) users typically ingest the drug in a tablet or capsule form. But, some people snort the drug in powder form, and others swallow the drug in liquid form. Some people use MDMA with other substances, like marijuana or alcohol.

## What Effects of MDMA on the Brain Cause the High Feeling?

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The effects of MDMA on the brain last from about 3 to 6 hours. But, many Ecstasy users take an additional dose before the effects of the first dose have fully disappeared. MDMA impacts the functioning of these brain chemicals:

- Dopamine: Generates high energy, increased physical activity, and triggers the brain's reward system to encourage repeated behavior
- Serotonin: Elevates mood, increases appetite, affects sleep and other body functions. It further impacts hormones that induce sexual arousal, affection, and empathy.

## Is Ecstasy Addictive? Why is MDMA Addictive?

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MDMA impacts many of the same neurotransmitters in the human brain that other addictive drugs target. Human and other animal data indicate that routine use of MDMA causes the kinds of dopamine and serotonin systems adaptations that appear related to SUD (substance use disorder and behaviors associated with drug addiction). Laboratory experiments have found that animals self-administer MDMA to maintain intake, a key indicator of the addictive properties of a drug.

Some people who have used MDMA have reported addiction symptoms, including tolerance, withdrawal symptoms, cravings, and persisting in using the drug despite negative psychological or physical consequences.

## What are the Side Effects of Ecstasy Use?

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Adverse ecstasy side effects during and following use may include:

- nausea
- Increased heart rate
- sweating
- Increased blood pressure
- chills
- clenching teeth
- impaired vision
- muscle cramps

## Ecstasy Addiction Symptoms

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Some of the effects listed below may be attributable to the very common ingestion of MDMA in combination with marijuana or other drugs. With a week of moderate Ecstasy abuse, the individual may experience one or more of these symptoms and signs of MDMA addiction:

- depression
- irritability

- anxiety
- impulsiveness
- sleep difficulties
- decreased appetite
- aggression
- diminished interest in sex
- memory problems
- difficulty focusing
- rapid rise in body temperature (risk of kidney, liver, or heart failure, or death)

## Ecstasy Rehab at Renaissance Ranch Outpatient Treatment Center

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The Renaissance Ranch Ogden Utah [MDMA addiction rehab programs](#) offer our clients the full scope of treatment options for an enriched recovery experience. Renaissance further helps people develop healthy support systems that can provide long-term reinforcement of addiction-free living.

### IOP

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*Intensive Outpatient Substance Abuse Treatment:* 12-month program to guide the client through recovery step-by-step and transition into a new, more meaningful drug-free life.

### GOP

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*General Outpatient Substance Abuse Treatment:* Designed to fit your daily work and home life with an empowering program that helps develop life skills and strengthen [stress management](#) abilities.

### Continuing Care

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Our [relapse prevention](#) program helps people build a lifestyle that supports sustainable recovery based on personal needs and routines. Develops a strong long-term recovery support community.

### Supplemental Programs

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- Drugs/[Alcohol](#)/RX Drugs Rehab
- Therapeutic Modalities
- Disease Model
- 12 Steps
- Spiritual Principles and Spiritual Wellness Topics
- Life Skills
- Cognitive-Behavioral
- Experiential Therapy

- Family Dynamics
- Trauma and Abuse Survival
- Meditation and Relaxation
- Motivational Interventions
- Psycho-Educational Therapy
- Shame Issues
- Anxiety and Depression
- Recreational Therapy
- Group Psychotherapy

## **Why Is Renaissance Ranch So Successful in Treating Addiction?**

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Effective Ecstasy addiction treatment is not just about removing triggers and stressors from a person's life and learning to cope with challenges and difficult responsibilities. Our team focuses on the underlying causes of substance abuse. Renaissance rehab programs offer treatment of the whole person instead of concentrating only on stopping drug use.

**For MDMA rehab, call Renaissance Ranch Ogden at (385) 222-3737 or contact us here online to schedule an appointment for a free assessment and answers to all your questions.**

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*Affordable treatment that helps families heal and restore hope.*