

Valium Addiction Treatment Center in Ogden, Utah

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The vast worldwide use of Valium, both medically and recreationally, has resulted in millions of people struggling with addiction to Valium. Vast numbers have spent years addicted to Valium, suffered financial losses, and lost important relationships due to Valium abuse. Fortunately, there are well-developed evidence-based methods of Valium rehab treatment that are successful in overcoming Valium addiction and stopping the damage it causes to so many people's lives.

What Is Valium? Is Valium Addictive?

Diazepam, in the form known by the brand name Valium, is a benzodiazepine, which is a group of antidepressant drugs used for treating many physical and psychological stress conditions. Over 500 drugs are derived from diazepam. Of those, Valium is the most widely used, due to its effectiveness in treating a vast array of conditions. The World Health Organization has identified Valium as an essential medication that needs to be included as a basic part of healthcare systems.

Can you get addicted to Valium? Yes, benzodiazepines are among the drug classes to which people most commonly become addicted.

Why Valium is So Widely Used

Benzodiazepines generate their effects by causing the brain to secrete GABA, a neurotransmitter that regulates the central nervous system's chemical and electrical functions. Compared to other benzodiazepines, the effects of Valium occur very quickly, making it popular for medical use.

Some conditions Valium is prescribed to treat include:

- Anxiety disorders
- Major depressive disorder
- Alcohol withdrawal
- Panic disorder
- Muscle spasms
- Insomnia
- Seizures

Valium Addiction

A staggering rise in the number of diagnosed anxiety disorders since the 1970s has led to Valium use by many people far beyond their short-term prescriptions and widespread Valium addiction. Prolonged regular use of Valium makes it very difficult for many people to quit consuming the drug, despite the damage abusing it has caused to their lives.

Withdrawal from Valium can cause seizures. Therefore, it is recommended for people with a Valium addiction who plan to stop using the drug to undergo medically assisted detox. Detox should be followed by a Valium addiction recovery program.

Signs and Symptoms of Valium Addiction

Ironically, some Valium addiction signs are the same as the health problems the drug was initially prescribed to alleviate, such as anxiety. Further, some Valium addiction symptoms that can occur during Valium withdrawal are, again, the same as some of those the drug has been prescribed to treat, such as seizures.

Some symptoms and signs of Valium addiction include:

- Dilated pupils
- Slurred speech
- Slow reflexes
- Nausea
- Memory problems
- Difficulty concentrating
- Craving more Valium
- Extreme efforts to get more Valium

Valium Addiction Recovery

Valium addiction treatment helps people uncover the root causes of their addiction. It helps them develop the necessary skills to maintain a new lifestyle without drug abuse. Valium addiction recovery typically involves detoxification followed by either inpatient or outpatient therapy and an ongoing relapse prevention support program.

Medical Detox

Detox from Valium should not be attempted without 24-hour medical supervision. In the medical detox process, first, a complete physical and psychological evaluation is performed. Then, medical detox professionals help you wean off of Valium use. The process is carefully managed to prevent the most severe withdrawal symptoms from occurring. Detox specialists might administer medications to prevent seizures, convulsions, or anxiety and help the individual move as comfortably as possible through the detox process.

Inpatient Treatment

Following medical detox, comprehensive addiction treatment focuses on uncovering the root causes of the Valium misuse that led to the drug dependency. For recovery, it is essential to understand how to deal with the psychological and emotional damage from Valium addiction, and how to operate in daily life without abusing the drug.

The client and addiction recovery therapist work together on gaining insights and forming strategies for responding to triggers. Cognitive Behavioral Therapy is used to help the client identify and understand thought and behavior patterns that led to the addiction and form healthier patterns as defenses against potential relapse.

Intensive Outpatient Treatment (IOP)

After detox, the client might be assessed as a good candidate for outpatient recovery treatment, if his or her Valium addiction is determined not to necessitate around-the-clock observation and maximum protection from immediate relapse.

Outpatient rehab treatment can work very well for people who enter therapy during the early stages of Valium addiction, before developing a more extreme physical and psychological dependence on the drug.

In outpatient drug rehab, the client goes home every night after therapy sessions and/or receiving their medication dose. This makes it possible for a person to work on his/her drug recovery while continuing to work or go to school, or meeting family obligations.

Relapse Prevention

Recognizing and changing self-damaging thought processes and behavioral patterns is the critical goal of relapse prevention. After you complete your addiction treatment program, a relapse prevention strategy is essential to sustaining recovery long-term. You can continue benefiting from access to aftercare options. A significant part of that is maintaining engagement with your support network of peers who have been through similar experiences.

Valium Addiction Recovery, Renaissance Ranch Ogden, UT

Valium addiction rehab at Renaissance Ranch Ogden outpatient treatment center is administered by MDs and licensed rehab professionals. Every client's addiction treatment program is customized for his or her specific needs and goals for the therapy.

For Valium addiction recovery, call Renaissance Ranch Ogden at (385) 222-3737 or contact us here on our website to schedule your free assessment.

Affordable treatment that helps families heal and restore hope.