

TREATMENT PHASES

Phase I -Identification

- ▶ **Goals** - Admission process, Problem definition, medical treatment evaluation.
- ▶ **Methods** – Nursing care, Identifying denials, Individual attention, supportive and non-judgemental approach.

Phase II -Detoxification

- ▶ **Goals** - Helping the residents to go through their withdrawals comfortably and restoring physical health with proper nutrition.
- ▶ **Methods** - Ingestion of medicines, nursing care, Counselling.

Phase III -Rehabilitation

- ▶ **Goals** - Modification of defective personality traits, life style, building self-concept – Both for the residents and their family.
- ▶ **Methods** - Individual counselling, confrontation & denial breaking, Group therapy, Re-educative lectures, Audio Video Sessions, Relaxation therapy, Recreation therapy, Art & Music therapy, Spiritual counselling.

Phase IV -After Care

- ▶ **Goals** - Prevention of relapses, Reinforcement of new patterns of sober living.
- ▶ **Methods** - Same as phase-III, Self-help groups, After-care sessions, Vocational rehabilitation.