



8 Benefits of Medication-Assisted Therapy for Alcoholism

by Impact IOP | May 3, 2024

Addiction can be a challenging and isolating struggle, but it is important to remember that you are not alone. If you are seeking addiction treatment in Louisville, Kentucky, there is hope.

Medication-assisted therapy (MAT) is a comprehensive approach to treating alcoholism that combines FDA-approved medication with counseling and behavioral therapies. It offers a multifaceted approach to recovery by tackling the psychological, physical, and social aspects of alcoholism.

8 Benefits of Pursuing MAT for Alcoholism Treatment

Reduced cravings

MAT medications such as acamprosate and naltrexone work by targeting the brain's reward system, reducing the urge to drink, and minimizing cravings for alcohol. These medications block the euphoric effects of alcohol thus helping individuals to maintain sobriety and resist the temptation to relapse.

Withdrawal symptom management

Alcohol withdrawal symptoms can be uncomfortable and even life-threatening in severe cases. MAT medications such as benzodiazepines and anticonvulsants can help manage withdrawal symptoms, including tremors, seizures, and hallucinations, allowing individuals to detox safely and comfortably under medical supervision.

Improved treatment compliance

MAT involves the combination of medication with counseling and behavioral therapies in a structured regimen. This ensures that individuals receive ongoing support and guidance to address the underlying causes of their alcoholism which in turn increases their compliance and engagement to the treatment program.

Relapse prevention

Being a comprehensive form of treatment, MAT focuses on all the aspects underlying alcohol addiction. This helps individuals build resilience against triggers and stressors that may lead to relapse, increasing their chances of attaining long-term sobriety.

Restoration of brain chemistry

Chronic alcohol abuse can disrupt the balance of neurotransmitters in the brain, leading to cognitive impairments and mood disturbances. MAT medications help restore normal brain chemistry by modulating neurotransmitter activity, promoting cognitive function, and stabilizing mood thereby supporting the individual's overall mental health.

Enhanced counseling effectiveness

MAT medications work in tandem with counseling and behavioral therapies to help those in treatment by curbing cravings, regulating mood, and improving their cognitive function. The combined effect of medication and therapy maximizes the effectiveness of both modalities, leading to better treatment outcomes.

Reduced risk of overdose

Compared to other medications used to treat alcohol addiction, MAT medications such as naltrexone and acamprosate have a safety profile that reduces the risk of overdose. These medications help individuals avoid excessive drinking and the associated risk of overdose by blocking the effects of alcohol and reducing cravings.

Improved quality of life

Ultimately, MAT offers individuals struggling with alcoholism the opportunity to reclaim their lives from addiction. MAT reduces cravings, manages withdrawal symptoms, prevents relapse, and promotes overall well-being. All these go a long way toward helping individuals achieve sobriety and build healthier, more fulfilling lives free from the harmful effects of alcohol.

Your Recovery, Your Way

Alcoholism treatment doesn't have to take up all your time. At [Impact Outpatient Program](#), we offer convenient alcohol rehab in the form of [intensive outpatient](#) or [outpatient treatment](#). Our [virtual telehealth sessions](#) also cater to those who can't make it to therapy in person. The flexibility of our treatment programs coupled with personalized support and compassionate staff are all designed to help you work on your recovery at your pace. Reach out to us today and let us help you reclaim your life from addiction.

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