

Treatment approaches in hospital

[Health & Medicine](#)



**ASSIGN
BUSTER**

Some will stay longer while others will stay for shorter periods. Nonetheless, there is highly individualized treatment and the rehabilitation is intensive, while an on-going treatment for addicts by addiction psychiatrist runs for five days a week.

Treatment approaches are diverse, depending on the client's situation. These include group therapies, dialectical behavior therapy (DBT), and Cognitive-behavioral therapy (CBT), as well as the acceptance and commitment therapy (ACT). Other therapies for body and mind rehabilitation include yoga, music therapies, mindfulness, health education, and fitness programs, among others. After treatment, the overall addiction plan concludes with a follow-up, which may involve consultations with referring providers, a detailed aftercare planning, and family education and support. I chose this center because I believe it is the best center for addicts. The services and handling of patients are done in a classy way. In addition, the treatment is trusted as skilled health professionals perform it. The many testimonies of former drug addicts from McLean Hospital can attest to this. Nonetheless, apart from offering addiction rehabilitation, this center offers many more interventions that are psychological. Moreover, the U. S. News and World Report ranked this hospital first among all the freestanding psychiatric hospitals.