

# Pros and cons of rehabilitation psychology essay



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The proposed literary review establishes a frame of reference for this particular study and examines a synthesis for solution and possible alternatives to address factors and other specific issues regarding the effectiveness of rehabilitation. This research review accommodates many concepts in regards to assessing behavior modification including an individual's social, psychological, and biological development which determines a need for treatment. Moreover, the review exhibits a combination of thoughts and ideas made in precedent research and developmental studies. The literature review includes the following: (a) Overview, (b) Behavior Modification, (c) Pros and Cons of Rehabilitation, (d) Beating Rehab and Repeating Rehab: Relapsing vs. Success, (e) Does Rehab Work? The purpose of this literature review was to investigate the intermediary amongst students attending institutions of higher learning and rehabilitation as outlined in the research proposal.

### **Overview:**

Rehabilitation does not merely correct the issues of an individual, but serve other purposes as well; it strives to develop alternatives and provide treatment to those which are deterred from further development as a result to one or several addictions and personal issues. Some college students may believe that admittance into a rehab facility is the simplest way in resolving issues, not understanding that successful treatment requires a process as well as the time and dedication of each individual. According to Mcnamara (2003), “going to rehab seems to have become cultural shorthand for many things, some of which are related to recovery from an addiction, some which are not.” Today, rehabilitation professionals provide a broad scope of

services involving medical, vocational, psychological, and advocacy interventions, all across various settings (Chan, David, Steven, 2008). In this, rehab provides more than one specific service and today professionals are becoming more diverse in regards to services provided. Treatment facilities assist in maintaining an individual's mental and physical state of mind, by positively assisting them in areas that may be problematic for their future.

### **Behavior Modification:**

According to Harper (2010), " Behavior modification is an effective technique used to treat many disorders; its fundamentals can be used to increase desired behavior in anyone regardless of function level." Based on the research of Harper, the researcher can conclude that there are in fact techniques including behavior modification, being used to assist professionals in their efforts of treatment for patients in rehab. This particular technique is used to increase the productivity of those seeking treatment despite one's level of function. For example, an individual who wants to quit drinking beverages with high levels of alcohol, and wants to begin by replacing these beverages with beer or wine coolers, may use behavioral techniques to help achieve these goals.

Furthermore, behavior is defined as being externally controlled by aspects of the environment (Harper, 2010). An individual's behavior is altered by the environment in which they seek growth and development; we as individuals become in tuned with the environment in which we live and this often times seem to control our behavior. However, we can choose how we modify our behavior including several techniques and by seeking assistance and guidance from rehab professionals. To modify behavior, good behavior must

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be reinforced and poor behavior must be punished (Harper, 2010).

Modification begins by recognizing the good vs. the bad; as positive behavior exist, we must understand that the techniques we are using are becoming more effective to our goals of conformity, and we should continue with those strategies. In contrast, negative behavior must be punished or recognized as wrong and we should immediately reconsider some aspects of modification as this behavior may hinder us from successfully completing our goals.

### **Pros and Cons of Rehabilitation (Strengths and Weaknesses)**

Research proves that there are many positive and negative aspects of rehabilitation. Some believe that rehab is the solution to their problem without understanding that it requires more than any specific medicine or treatment for one to successfully complete. It requires one to be determined and dedicated in achieving personal goals that they have set for themselves. Rehab provides an individual with counseling, guidance and behavioral strategies that may assist in their success. Some facilities even go as far as giving clients the option of having in or out patient treatment depending on their stability to manage their treatment as well as society.

According to the Spiritual River to Recovery (2012), there are many reasons why people should go to rehab:

Going to rehab can literally save your life.

Going to rehab can set you up for long term success in recovery.

Going to rehab gives you an opportunity to rebuild relationships in your life.

Going to rehab can give you your life back.

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With the efforts of the patient, rehab provides restoration of an individual's loss of function, and attempts to improve and modify their current function. Furthermore, Rehab is considered an alternative and may be practiced by professionals in conjunction with specialists in education and social welfare (Cieza, Melvin, & Stucki, 2007). Indeed rehabilitation has the power to change a person's life however; it is filled with many challenges. According to the American Psychiatric Association (2002), during the treatment aspect of rehab, most individuals experience several withdrawal symptoms that are considered psychological and physical conditions which occur as patients attempt to adjust to the treatments; symptoms include depression, anxiety and mood swings. Concluding, completion of treatment programs is in truth possible, however success depends on the individual. If they maintain a positive attitude and is willing to dedicate the necessary time to the process, there is no doubt that they will achieve their goals.

### **Beating Rehab and Repeating Rehab: Relapsing vs. Success**

The percentage of people who will relapse after a period of recovery ranges from 50% to 90% (Drug & Alcohol Rehab Asia, 2008). There are many reasons why patients relapse after a process of sobriety; some may become depressed and others may not be ready to overcome certain situations. An individual being a recent release from rehab may not have adequately been prepared for new transitions, for example, moving from a protected environment to a world where the individual is faced by similar temptations and the challenges to overcome those temptations (DARA, 2008). Therefore, mental preparedness is a major element in the success of an individual;

those entering recovery must be ready to commit, if not, they will be setting themselves up for relapse.

Success in rehab is possible; but again, it depends on the individual. People enter rehab for many reasons, seeking treatment for disorders, addictions, and psychological issues. However, if the individual expects results without putting in the time and effort they could be certain that they will be disappointed. Within the aforementioned statistic, researchers found that relapse amongst rehab patients is at a very high percentage; because people are not effectively applying themselves. Despite the statistics, there are many people who escapes rehab and journeys to rebuild a life of happiness and comfortably. Research shows that overcomers of rehab prepared themselves for their transitions back home; they used the proper resources provided by treatment facilities and did the necessary things to ensure that they maintained a level of sobriety (DARA, 2008).

On the contrary, relapse is very dangerous as it may affect an individual's life in the future. After completing rehab some believe that they have really overcome their situation, but in actuality they have not. Relapse lowers self-efficacy, causing more complications in becoming sober in the future (DARA, 2008). Over time, an addict's life begins to deteriorate, going back to a life that is even worse than the one they had before. According to (DARA 2008), some individuals become extremely depressed and are then tempted to take their own lives as a result.

## **Does Rehab Work (Significance of the Study)**

As proposed in the research question, the attempt of this review is to investigate the effectiveness of rehabilitation and whether there should be a continuation or an end to it. This study is significant because rehab is perceived to produce both positive and negative outcomes, the researcher is striving to produce an understanding; why? Some collegiate students may believe that there are more positive than negative benefits, and others may believe there are more negative than positive benefits. The length of time spent in a program affects the probability for success. Programs issue recommended time in order to provide the best chances of recovery. The goal of rehab is to modify the development of an individual who seeks assistance with personal issues.

Complete abstinence is the goal of rehab which determines the effectiveness of it (Clark, 2013). Based on this information, rehab is proven to be effective, as long as there is complete commitment by the patient; if they are giving one hundred percent effort, then they can utilize the facilities in order to positively achieve their goals. Treatment centers provide many resources and if they are used to the advantages of the patients then without a doubt treatment will be successful.