

# Cocaine Addiction Treatment in Utah

[pathwaysreallife.com/cocaine-addiction-treatment-utah/](https://pathwaysreallife.com/cocaine-addiction-treatment-utah/)

If you or someone you care about is struggling with an addiction to cocaine in Utah, there is a way out. **Pathways Real Life Recovery offers the support needed for your success in breaking the hold of cocaine addiction, and moving on with freedom into living a better life.** Both [outpatient](#) and [inpatient cocaine addiction treatment](#) are offered.

Pathways Real Life Recovery professionals believe that **helping our clients break free from the guilt and shame that perpetuate self-damaging cycles** in their lives helps them accept their need for a solution, making it possible to make a change in their way of living. **Treating our clients with love, and respect and dignity** expresses our core beliefs as individuals dedicated to helping people overcome cocaine and other [drug addictions](#).



**If you or a loved one are ready to obtain freedom from cocaine addiction, and become a healthy, whole individual, contact [Pathways Real Life Recovery](#) for a FREE assessment by calling 801-981-9503, or filling out the contact form on the left.**

## How the Cocaine Treatment Program Works

First, you contact Pathways Real Life Recovery in Utah, and schedule your free assessment. We'll give you all the information you need to fully understand how the program works, and we'll answer all questions you may have. If you decide that this kind of program seems like the right direction for you to take, and you're ready to embark on the new adventure, here's the basic three-step plan we will help you follow through your treatment program.

1. Discover and address the causes underlying the drug addiction
2. Focus on overcoming all of the contributing factors that have compounded throughout the entire development of the addictive disease
3. Recognize and do what else is necessary for individualizing your treatment plan

## Cocaine Addiction

Cocaine attracts many recreational drug users who perceive it as having good effects on energy levels, motivation, and moods. Typically, users snort, smoke, or inject cocaine. Initially, cocaine use increases availability of the brain's dopamine neurotransmitter. Medical research has associated dopamine with euphoric sensation and emotions, stimulation of impulses to obtain reward, and regulation of body movement. It is also associated with significant potential for various forms of abuse and dependence.

With continued cocaine use, the brain may function less and less effectively to regulate its natural system for reward. It can become necessary for users to take increasing amounts of the drug in order to produce the same

level of euphoric feeling. As cocaine abuse continues, users may discover that experiences that made them feel happy, prior to becoming cocaine users, no longer bring feelings of pleasure. This loss of pleasure (anhedonia), is among the roughest challenges of cocaine withdrawal for many addicts.

## Crack Cocaine vs Cocaine

**Cocaine:** Coca paste is mixed with hydrochloric acid. Its effects occur within a few minutes. It is an expensive drug.

**Crack Cocaine:** Powder cocaine, also called crack rock, is mixed with baking soda and water. Its effects are immediate, and it is much more addictive and less expensive than cocaine.

## Cocaine Addiction Symptoms

Cocaine addiction comes with multiple potential symptoms. Differing methods of drug use cause some differences in symptoms. Common symptoms for cocaine and crack cocaine use may include:

- Brain damage
- High blood pressure
- Weight loss
- Vomiting
- Irritability
- Cold sweats
- Restlessness
- Skin crawling
- Sinus issues
- Increased heart rate

## Treatment for Cocaine Addiction

**Detoxing:** Long-term Cocaine use can impact the brain's normal process of generating of neurotransmitters. These are the brain's chemical messengers, which stimulate various responses and feelings. The NIDA advises that many prescription drugs used for treatment of cocaine addiction are also used for treating muscle spasms, epilepsy, and other conditions. So, if you find you are experiencing difficulties due to feelings of agitation or anxiety, medication may be prescribed by your doctor to trigger release of neurotransmitters, such as dopamine or GABA, to help you feel more relaxed.

**Cognitive-behavioral therapy (CBT):** Talk therapy is a common therapeutic method in which a mental health therapist or psychotherapist provides a limited number of very structured therapy sessions. CBT can help you identify and work out negative or inaccurate thinking so that you can see the challenges in difficult situations more clearly and gain internal resources for responding to those in more effective ways. CBT has been found very useful in treatment of depression, eating disorders, and post-traumatic stress disorder (PTSD). However, CBT can be very beneficial in helping anyone learn better ways to manage stressful situations in daily life.

**Individual Therapy:** The timeframe for cocaine treatment depends upon an individual's unique needs for working through personal emotions regarding his or her addiction. All treatment sessions are with a professional therapist, and these can be scheduled several times per week. The goal of the sessions is to develop strategies for coping and learn the most effective ways for managing triggers. The emphasis is on sustaining recovery.

**Family Therapy:** An essential tool for recovery is family support. Uncovering the triggers of cocaine use, and mending relationships that have been damaged by the individual's actions is one of the most important components of recovery. In family therapy, family members have an opportunity to express the pain of having their loved one living with drug addiction, and how that problem has impacted their own lives. With the help of the therapist, the family can become educated on ways to empower, instead of enable the loved one. Family therapy provides all participants with a way for healing as a family group.

**Outpatient/Inpatient Treatment Options:** Cocaine addiction rehab timeframes depend on the severity of individuals' addiction. The goal for treatment is to help you identify your inner strength during the course of your personal treatment and recovery. In outpatient treatment for cocaine addiction, individuals are able to receive treatment during the day, and have their evenings at home. Alternatively, patients who need a more fully structured arrangement can choose to join our inpatient addiction treatment program.

## Aftercare to Avoid Relapse

As you come near the end of your journey through recovery, a counselor will work with you to plan your steps for maintaining your recovery as you enjoy your free new life. **Pathways Real Life Recovery continues supporting you, monitoring your progress for up to three years after you complete your cocaine addiction treatment program.**



Seeking Cocaine Treatment?

Call (801)-895-3006

Call Now, a caring recovery adviser is available 24/7

Pathways

## Why Pathways Real Life Recovery's Cocaine Addiction Treatment is So Effective?

The Pathways approaches to therapies—which are **cocaine addiction recovery plans tailored to individual needs**—are the reasons why the program has been so successful in helping individuals regain the good lives they always had waiting for them, beyond addiction. The treatments offered at Pathways are holistic, natural systems developed on a foundation of medical information. **What makes the program more effective than other kinds of drug rehab programs is our success in getting down into the roots of the problem and in working along with the individual, who remains fully in charge of his or her own recovery.**

We combine those processes to provide a uniquely effective drug addiction recovery program. The program works so well because of the professional outlook that has been applied in its development. Pathways programs succeed by:

- Recognizing that recovery can only be sustained when the individual seeking treatment senses his or her personal value and chooses to make it the priority.
- Understanding the critical steps in building and maintaining the personal motivation needed to cope with

unwanted impulses, and to manage feelings, thoughts, and behaviors and enjoy a more balanced life.

- Knowing the need to provide personalized drug treatment programs that enable restructuring of old beliefs. Reaching this milestone, clients can do so much more than just recover from addiction; they can gain full control over their lives and start to thrive.
- Appreciating the need to help the individual repair broken or damaged relationships, build new ones, and reestablish the personal support system needed to sustain recovery.
- Helping prepare the individual so that, going forward after the program, he or she has the tools to maintain sobriety, and also to avoid the former circumstances that led to addiction.

Further, Pathways' aligned [dual diagnosis](#) and treatment programs are in place to help in identifying and treating issues that may be coexisting with substance abuse, such as mental illnesses.

## **Pathways Real Life Recovery is a Cocaine Rehab Center in Utah**

Our mission is to help people succeed through intensive, personalized cocaine addiction recovery. Pathways Real Life Recovery offers outpatient and inpatient recovery programs are not limited to addiction only. We help our program participants overcome any destructive problems involving disorders, personal or marital challenges, pornography addiction, among other issues. **If you are interested in overcoming your cocaine addiction, or in helping someone else in need of drug treatment, [contact](#) Pathways Real Life Recovery cocaine rehab center in Utah, and just ask to schedule your free assessment.** We're here to answer your questions anytime. We'll explain the various options Pathways can offer you for cocaine addiction treatment, or prescription drug addiction treatment. We accept insurance.