

Therapy for Schizophrenia in Utah

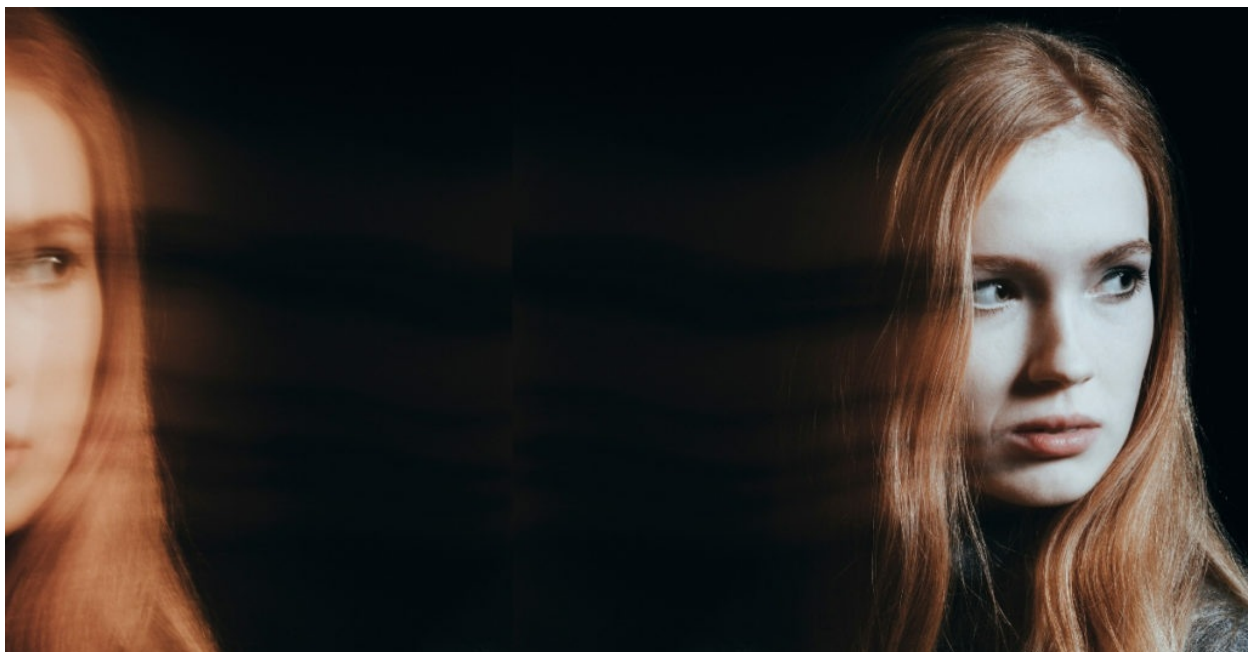
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In case you or your loved one has Schizophrenia; Pathways Real Life Recovery can offer the help needed. Schizophrenia is a severe mental disorder that affects thinking, emotions, relationships and decision making. ***The illness can be terrifying and has no cure, making proper and early treatment the best way to improve the chances of the affected person to manage it.*** Appropriate treatment will minimize the symptoms of Schizophrenia and significantly improve quality of life.



If you or someone you love is struggling with Schizophrenia in Utah, contact Pathways Real Life Recovery for a FREE consultation and learn how we can help. We offer Schizophrenia treatment to teens and adults. We accept insurance.



What is Schizophrenia?

Schizophrenia is described as a chronic and complex mental health disorder that affects how a human behaves, feels and thinks. ***Schizophrenia is surprisingly common and is usually characterized by delusions, hallucinations, disorganized speech, abnormal behavior, impaired cognitive ability among other symptoms.*** Schizophrenia usually appears in late adolescence or early adulthood and affects more men than women. Considered a life-long struggle that is rarely cured, Schizophrenia requires continuous treatment.

Schizophrenia Signs and Symptoms

Schizophrenia symptoms are known to be disabling since they can interfere with personal relationships, affects functioning at work and cause self-care to suffer. These symptoms are described as either “positive” or “negative.”

Positive Symptoms

- Delusions, which is distorted thoughts and false beliefs
- Hallucinations that may involve any of the five senses (sight, touch, smell, taste and hearing)
- Disorganized thinking and speech
- Abnormal behavior and unusual motor activity

Negative Symptoms

- Restricted emotional range
- Trouble concentrating
- Limited and unresponsive speech with a little facial expression
- Difficulty starting or continuing goal-directed activities

Warning Signs of Schizophrenic Episode

- Social withdrawal and isolation
- Increased paranoia and questioning other people’s motives
- Bizarre, unrealistic and irrational statements and beliefs
- Increasingly fewer emotions and facial expressions
- Higher reliance on alcohol or drugs as a way of self-medication
- Lack of motivation
- Hostility
- Insomnia or oversleeping
- Speaking in an unusual manner
- Deteriorated personal hygiene and appearance

Schizophrenia Treatment

Since there is currently no cure for schizophrenia, treatment is mainly focused on managing the symptoms. A treatment plan could involve medication; possibly for life, some form of talk therapy, and complementary therapies.

- **Medication Management:** Medications are very important in treating Schizophrenia. The most commonly prescribed drugs are **antipsychotic medications** which are meant to be used at the lowest possible dose. These drugs work by changing how certain chemical substances known as neurotransmitters act in the brain. In this way, the medications help to control the specific brain circuits that affect thinking, mood and perception. **Antidepressants and anti-anxiety drugs** are other forms of drugs that can also help. **At Pathways, we use genetic testing to establish the right medications and the best dose that will work for each patient based on their own genetic makeup.**
- **Individual Psychotherapy** – during arranged sessions, a therapist or psychiatrist will teach the person with Schizophrenia how to deal with the thoughts and behaviors

they exhibit. The patient will learn more about the illness and how it affects them as well as how to distinguish real things from what is not. Individual therapy can also be designed to help them manage everyday life.

- **Group Therapy**– in addition to the traditional benefits of group therapy, this treatment plan can help someone with Schizophrenia to practice their social skills and interact with others better.
- **Cognitive Behavior Therapy (CBT)** – a therapist will teach your loved ones ways of dealing with the hallucinations and “voices” they experience, effectively helping them to change their thinking and behavior. When CBT is combined with the right medications, the therapist will be in a position to identify factors that trigger the psychotic episodes and find ways to reduce or stop them.
- **Family Therapy** – research shows that people with Schizophrenia who have a strong support system do much better than those whose friends and family do not offer the required encouragement. As such, it is important for friends and family members to be knowledgeable about psychosis and Schizophrenia to help their loved one.
- **Cognitive Enhancement Therapy (CET)** – this is concerned with helping the patient to improve communication and social interaction, effectively enhancing their ability to take part in daily activities. By combining computer-based training and group sessions, people learn how to improve their attention and concentration, organize their thoughts, recognize social cues and triggers, as well as develop their memory.
- **Integrated Substance Abuse Treatment**– Some people with Schizophrenia may be self-medicating and be struggling with drugs or alcohol. A dual diagnosis makes it necessary for drug and alcohol treatment to be incorporated in their Schizophrenia treatment plan.
- **Daily Living Support** – Apart from medication and therapy, many people with Schizophrenia will need some kind of daily living support. In many communities, there are programs that help such people with jobs, housing, self-help groups and assistance in crisis situations. Someone in the treatment team, such as **a case manager will help to identify resources to facilitate the program.**

Pathways Real Life Recovery is a Schizophrenia Treatment Center in Utah

If you notice anyone with psychotic symptoms or having trouble functioning as a result of problems in thinking, kindly seek treatment for them at our **Utah Schizophrenia treatment center**. There is strong evidence to prove that early and continuous treatment will have a better outcome. In addition, building relationships with care providers will ensure that a person with Schizophrenia can access new treatment options as and when they become available. [Contact us today to learn how we can help.](#)