

# Therapy for Schizophrenia in Utah

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## Contents on this page:

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.**

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## What is Schizophrenia?

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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.

## Impacts of Schizophrenia

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The National Institute of Mental Health estimates that the number of people with schizophrenia in the U.S. is well under one percent. The World Health Organization estimates around 20 million people worldwide have this psychotic disorder, which is a small percentage in terms of the nearly 8 billion global population. But, despite the small percentage of the global population with the condition, schizophrenia is one of the 15 leading causes of disability worldwide. The onset of the condition is most prevalent between the teen years to the early thirties. Without ongoing medical treatment to manage symptoms, people who have this mental illness can experience overwhelming difficulties in daily functioning. Schizophrenic episodes present extreme risks to health and safety of people with untreated schizophrenia, including drug addiction, depression, suicide, homelessness, and other extremely serious outcomes.

## Schizophrenia Signs and Symptoms

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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

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- 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

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- 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

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- 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

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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.***

## The Two Primary Treatment Options for Schizophrenia

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Pathways Real Life Recovery offers *both* of the treatment alternatives that are recommended as the methodologies supported by the most up-to-date findings of medical science research. Pathways provide among the best treatment for schizophrenia in Utah. In cases of dual diagnosis, the center also offers exceptional therapy for other mental health conditions as well as alcohol and drug addiction recovery programs.

### Outpatient Treatment

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Many people cannot or do not want to be absent from their daily responsibilities to stay for an extended period in residential treatment for schizophrenia. For these clients, Pathways' outpatient therapy for schizophrenia offers an essential alternative. Outpatient treatment can also provide a good option for clients who need a more affordable program than residential treatment.

### Inpatient Treatment

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If you or a loved one is suffering from schizophrenia that has led to job loss or quitting school, or serious issues in important relationships, seek appropriate help from a schizophrenia recovery residence. There is currently no known cure for schizophrenia; however, having a well-managed personalized treatment program and care plan can significantly improve an individual's life.

Therapy for schizophrenia, possibly including medication treatment, can help systemically regulate patients to enable more balanced functioning and a more manageable and happier life. In many cases, proper treatment, followed by ongoing monitoring and support, can make it possible for people with schizophrenia to control the disorder well enough to live their lives independently.

In contrast to the serene residential schizophrenia treatment environment of Pathways inpatient center, alternatives like psychiatric hospitals can often seem very impersonal and uninviting. Such circumstances are less conducive to optimum outcomes of schizophrenia treatment for many patients. Generally, there are many forms of mental health therapy, including various counseling options that can be helpful to people working to manage symptoms of schizophrenia. Many schizophrenia victims attempt to self-medicate with alcohol or drugs. In cases of dual-diagnosis, patients in need of schizophrenia treatment as well as inpatient drug rehab or inpatient alcohol rehab, have the benefit of Pathways combined therapeutic programs.

## Pathways Real Life Recovery is a Schizophrenia Treatment Center in Utah

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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.

Pathways Real Life Recovery in Sandy, UT, is one of the best schizophrenia treatment centers Utah has to offer. Pathways Wholeness Center provides a beautiful and safe environment for treatment in the tranquil surroundings of Glenwood in south-central Utah. The serene private treatment center is ideal for people who want the best in extended inpatient mental health treatment. Our caring and highly qualified mental health treatment professionals individualize a treatment plan for each client's personal needs.

*For more information about schizophrenia treatment at Pathways Real Life Recovery, Sandy UT, call (801) 895-3006, or use our online contact request to schedule a free consultation and get help quickly.*