

Addiction Treatment at NP Istanbul Brain Hospital

What is Addiction?

Addiction is the abusive use of drugs despite the health damage they cause and the risk they have on the person's life the most important characteristic it has is that once the person gets addicted it becomes impossible for him to quit by himself. Addiction is a disease that affects the brain and must therefore be treated.

What are the substances that cause addiction?

Anything considered as a reward can cause addiction There are many substances that cause addiction such as Tobacco, Alcohol, Cannabis, Heroin, Cocaine, Bonsai, Some Fungi, Steroids, and Ketamine.

How to deal with an addict?

Addiction is difficult for the addict's family as much as it is for him knowing about the difficulties that the family and the society around the addict face, we will provide you with some information on how to deal with an addict.

Addiction Treatment at NPISTANBUL Brain Hospital

Duration of Treatment

1 Month as Inpatient (may differ for some cases).

A. Non-Pharmacological Treatment for Addiction

1. Dual Diagnosis Treatment

At NPISTANBUL Brain Hospital, we offer dual diagnosis treatment for those suffering from co-occurring conditions, such as addiction and a mental Health disorder. The primary objective in the Dual Diagnosis Program is to concurrently address all co-occurring conditions using a broad range of treatment modalities. We thoroughly assess each patient to discover any hidden conditions and create a unique treatment plan.

They are Psychosocial treatment (Psychotherapies ("Individual, Group, Family"), Occupational Therapies, Social Working Treatment, Psychoeducation Group Therapy, TMS (Insular and H-Coil TMS), EMDR (Desensitization of Triggers and Urge Reprocessing), Neurocognitive Rehabilitation (REHACOM).

2. Council Visit

A council visit is held with the participation of all our treatment team one day in a week. During these visits, we initiate detailed discussions of our patients and the advanced treatment options that can be applied. Patients are visited and counseled by Specialized Professor in this field.

3. Psychotherapy

- **Personal Psychotherapy**

During our addiction treatment, patients are receiving around 5 sessions of Personal Psychotherapy in a week. At the Psychotherapy sessions, we provide Cognitive Behavioral Therapy, Dialectic Behavioral Therapy, Mindfulness, Psychodynamic Therapy, Psychoanalytic Therapy, Acceptance and Commitment Therapy, EMDR (Eye Movement Desensitization and Re-progressing).

- **Family Psychotherapy**

Family therapies are particularly important part of our treatment program. We are providing the required attention of the family to the importance of the treatment and required education how to manage the process with the patient.

- **Group Psychotherapies**

Three types of group meetings are performed at our hospital for the addiction treatment.

➤ **Deep TMS**

The Deep TMS (Deep TMS) method used in addiction treatment and it stimulates the deeper of the brain that cannot be stimulated with classical TMS. Deep TMS device stimulates areas of the brain such as Insula and Anterior Cingulate Cortex, which play a role in addiction by acting on a deep region.

➤ **rTMS**

By applying TMU to the subjects during the period of withdrawal, reduction of the level of craving by temporary DA (Dopamine) increase

➤ **Occupational Therapy**

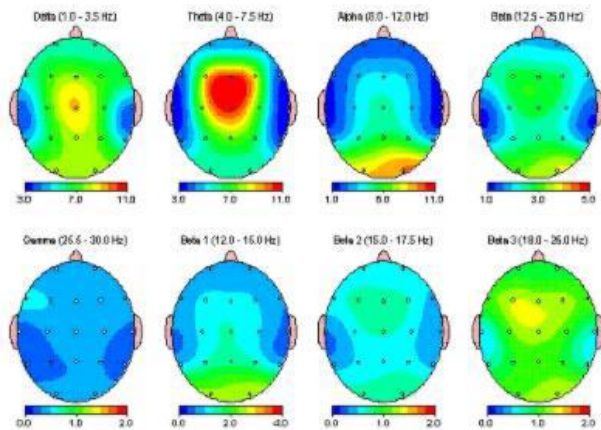
In our hospital, Music in order to reduce the pathologies of the clients, to help them to maintain their health and socialize, to enable them to develop their self-confidence, various skills and abilities, to encourage them to use these skills and abilities in daily life, to ensure that they gain awareness that their leisure time will increase the quality of life, Occupational therapy activities including painting-handicrafts, sports and marbling are carried out.

4. Advanced Toxicology Analysis

The aim of our laboratory is to contribute to the prevention and treatment of drug abuse by identifying, designating and analyzing toxic and addictive substances, integrate EU rules, improve cooperation, provide institutional developments and improve physical and technical infrastructure.

5. QEEG

It is a technique that shows the distribution of waves of different frequencies on the brain by analyzing the brain electrical activity record taken from the scalp, and thus provides indirect information about the functioning of the brain. When QEEG is repeated after treatment, it can show the positive change achieved with treatment. As can be understood from the profiles obtained before and after the treatment in the samples, it can be observed with the bioelectrical activity recording that the treatment eliminates the irregularities in the brain chemistry.



6. TDM (Therapeutic Drug Management)

With patients who are using medications, if the blood drug levels exceed the therapeutic values or if they do not reach an effective level, the treatment is not affected. Drug interactions may impair brain function, or the drug may not affect the person. Blood levels (TDM) of the drugs used to detect this are measured.

B. Pharmacological Treatment for Addiction

For addiction treatment, there are different treatment methods as :

- Naltrexone HCL (Oral, Injection, Implant / Depot),
- Acamprosate,
- Nalmefene,
- Disulfiram,
- Buprenorphine,
- Vanoxerin Consta (Long Term Cocaine Addiction)
- Nalmefene Consta (Long Term for Cocaine/Opioid Addiction)

What should I do after treatment?

Having some duties to do

Addicts avoid doing activities, so they tend to stay away from performing their tasks and hand them over to someone else.

In this phase the family should warn the person and remind him of performing his tasks because doing Daily life tasks is a part of treatment.

Making new friends Being surrounded by people who use alcohol and do drugs motivates the person towards re-consuming.

Doing extra tasks in free times with complete awareness that making new friend takes time We should support him in case he loses his motivation and hope in order to keep him away from falling back into the trap of addiction.

The addict's relatives should be patient and should support the addict all the way.

Approved by

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