

THE MOST EFFECTIVE TREATMENTS FOR ALCOHOLISM

Detox & Recovery Programme

01

Detox should be medically monitored, at home or in a rehab.

Behavioural Therapy

02

CBT can help tackle the psychological aspects of alcohol addiction

Group Therapy (Community)

03

Programmes like that of AA's 12 Steps are effective ways of sustaining a life free of addiction.

Alcoholism And Treatment

Lingjun Ying

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