

# Kratom Addiction Treatment

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[www.renaissancerecoverycenter.com/addiction/kratom-addiction-treatment/](http://www.renaissancerecoverycenter.com/addiction/kratom-addiction-treatment/)

## What is Kratom?

Kratom is a mind-altering substance that comes from the *Mitragyna speciosa* tree, which is indigenous to Southeast Asia. **At high doses, it can have an opioid-like effect, and can also have a similar sedative and pain-killing effect.** The Kratom “high” can last anywhere from a few minutes to a few hours. It can have side effects similar to opioids, and may lead to dependence and addiction.

Kratom is often found in powder, capsule, or drink form. It is marketed and sold as a diet supplement, and is often found in convenience stores, head shops and music stores. It is considered by some as a legal way of “getting high”. Others use Kratom to beat drug tests, as it is not generally tested for. Kratom is relatively new to the market. While its effects are not fully understood, Kratom is believed to have potentially harmful side effects, and can lead to dependence and addiction.

## Is Kratom Addictive? YES

Kratom is thought to act similarly to opioid drugs on the brain. Thus, the use of Kratom can have many of the same neurobiological consequences, including addiction. Kratom use can dysregulate the pleasure center of the brain. **Use, misuse, or abuse of Kratom can lead to dependence or addiction.** Some will use Kratom to ease withdrawals from heroin and other opiates, but often find the withdrawal symptoms to be similar, including intense cravings, nausea, fatigue, sleep disruption, muscle and bone pain, etc. As with other substances, Kratom may cause anhedonia (difficulty experiencing pleasure naturally), leading to continued use and abuse.

## Getting Help and Treatment for Kratom Addiction

Depending upon the individual, treatment for Kratom use may begin with [detox](#). In some instances, **medical detox may be necessary, depending upon the intensity of the withdrawal process.**

Often times, as with other forms of substance use, there are underlying issues. In many cases, [treatment is necessary to help those suffering from addiction](#) to address the negative emotional, psychological, spiritual and social effects of substance use.

A significant number of [addicts suffer with dual-diagnosis conditions](#); such as depression, anxiety, bi-polar disorder, borderline personality, etc. Others are challenged with trauma, abuse, grief and loss. If these issues are not adequately addressed, it can be difficult, or even impossible, for the individual to achieve a quality of life necessary for sobriety.

Families are also affected by substance use. When possible and appropriate, it is important to provide support and healing for the family system. The support and healing of family members is a significant factor in positive recovery outcomes.

When needed, there are many treatment options; such as residential, inpatient, day treatment, or outpatient resources. A rehab experience should provide the support and structure necessary as those struggling with substance use disorder develop the tools and skills necessary for sobriety. 12 step, cognitive behavioral, SMART recovery and other models are useful in the recovery process. A program should provide the resources to comprehensively deal with mind, body and spirit.

## Center for Kratom Addiction Treatment in Gilbert, AZ

Kratom [addiction treatment from Renaissance Recovery Center in Gilbert, Arizona](#) **offers each client a customized treatment plan designed to meet his or her individual needs.** Our approach to Kratom addiction recovery is holistic; involving group and individual counseling, which addresses the spiritual, emotional and psychological aspects of recovery. Contact us at 480-526-7738 for any questions or to get a free assessment.