

# Understanding Alcohol Use Disorder: Diagnostic Criteria and Treatment Options

GREENVILLE, SOUTH CAROLINA, USA, August 24, 2023 /EINPresswire.com/ -- Alcohol use disorder (AUD) is a complex condition that affects millions of individuals globally. Oceanic Counseling Group aims to provide a deeper understanding of the diagnostic criteria for AUD and the diverse treatment options available to support individuals on their journey towards recovery.

## Diagnostic Criteria for Alcohol Use Disorder:

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) outlines specific criteria that clinicians use to diagnose AUD. These criteria include:

1. **Impaired Control:** Difficulty in limiting alcohol consumption or unsuccessful attempts to cut down. Individuals with AUD may find themselves drinking more or for a longer period than intended.
2. **Social Impairment:** Alcohol use leading to social problems, strained relationships, or failure to fulfill work, school, or home responsibilities due to drinking.
3. **Risky Use:** Continued alcohol consumption in physically hazardous situations, such as while operating machinery or driving under the influence.
4. **Tolerance:** Needing increased amounts of alcohol to achieve the desired effects. Tolerance may lead individuals to consume larger quantities to experience the same level of intoxication.
5. **Withdrawal:** Experiencing withdrawal symptoms when alcohol use is reduced or stopped. Withdrawal symptoms can include tremors, nausea, sweating, and anxiety.

To be diagnosed with AUD, an individual must meet a certain number of criteria within a specific timeframe. The severity of AUD is categorized as mild, moderate, or severe based on the number of criteria met.



#### Available Treatment Options:

1. Detoxification: For individuals with severe AUD, medically supervised detoxification may be necessary to manage withdrawal symptoms safely.
2. Behavioral Therapies: Cognitive-Behavioral Therapy (CBT), motivational enhancement therapy, and contingency management are effective approaches that help individuals change their behaviors and thought patterns related to alcohol use.
3. Medications: FDA-approved medications can help reduce cravings and manage withdrawal symptoms.
4. Support Groups: Participating in support groups like Alcoholics Anonymous (AA) can provide individuals with a sense of community and ongoing encouragement.
5. Holistic Approaches: Incorporating mindfulness techniques, stress management strategies, and exercise into treatment plans can contribute to overall well-being and aid in recovery.

Oceanic Counseling Group offers a compassionate and tailored approach to treating AUD, addressing the unique needs of each individual and supporting them in their journey to overcome alcohol use disorder. [Take the Alcohol Use Disorder Quiz Now!](#)

For more information, or to schedule an appointment with a therapist, please contact Oceanic Counseling Group at (864) 973-7700! They accept most insurances and offer telehealth options. In-office locations are available in Myrtle Beach, Carolina Forest, Murrells Inlet, [Columbia](#), and [Greenville](#) (coming soon). Schedule an appointment today!

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