

# Epiphany Wellness Sheds Light on Kleptomania: Understanding, Treating, and Overcoming a Silent Struggle

SOUTHBOROUGH, MA, UNITED STATES, June 20, 2025 /EINPresswire.com/ -- [Epiphany Massachusetts Drug & Alcohol Rehab](#), a trusted leader in addiction and mental health treatment located in Southborough, Massachusetts, is raising awareness about Kleptomania, a little-understood Impulse Control Disorder (ICD) that often remains hidden due to shame and stigma. Left untreated, kleptomania can significantly disrupt lives, damage relationships, and increase vulnerability to addiction and co-occurring mental health disorders.

## What is Kleptomania?

Kleptomania is a mental health disorder characterized by a recurrent and irresistible urge to steal items that typically hold little personal or monetary value. This behavior is not driven by financial need or anger, but by a compulsion that brings temporary relief or satisfaction, followed by intense guilt or remorse.

Unlike planned theft, kleptomania is impulsive and driven by psychological distress—a hallmark of Impulse Control Disorders. For those affected, these episodes are deeply distressing, and repeated failed attempts to stop can erode self-esteem and social



**EPIPHANY**  
**WELLNESS**



trust.

**Recognizing the Signs of Kleptomania**  
Understanding the symptoms of kleptomania is the first step toward healing. Common indicators include:

A growing sense of tension or anxiety before the act of stealing.

An overwhelming urge to steal unneeded items.

Temporary relief or gratification immediately after the theft.

Feelings of shame, guilt, or fear afterward.

Repeated thefts despite negative consequences and personal remorse.

### The Link Between Kleptomania and Addiction

Like substance use disorders, kleptomania activates the brain's reward system, releasing dopamine, which reinforces the behavior despite harmful outcomes. Individuals struggling with kleptomania may also turn to substances or develop co-occurring addictions in an effort to manage the emotional aftermath of their actions or to suppress urges.

Both kleptomania and addiction involve loss of control, compulsive behavior, and difficulty coping with stress, making integrated treatment essential.

Effective Treatment for Kleptomania at [Epiphany Wellness](#)

Epiphany Wellness provides comprehensive, compassionate treatment that addresses kleptomania and its co-occurring conditions through a tailored, evidence-based approach. Treatment options include:



Cognitive Behavioral Therapy (CBT): Helps individuals recognize triggers, challenge distorted thoughts, and develop healthier coping strategies.

Dialectical Behavior Therapy (DBT): Focuses on emotion regulation and impulse control.

Medication Management: Certain antidepressants and mood stabilizers may help reduce urges and treat underlying anxiety or depression.

Eye Movement Desensitization and Reprocessing (EMDR): Assists in processing past trauma that may be contributing to compulsive behaviors.

Holistic Therapies: Including mindfulness, yoga, and nutrition, which support self-regulation and emotional well-being.

Psychodrama Therapy: Provides a creative and interactive method to explore emotional conflicts and behavior patterns in a safe, guided environment.

### Breaking the Cycle of Shame and Isolation

Shame is a major barrier to treatment for those living with kleptomania. At Epiphany Wellness, we strive to break that cycle by creating an environment rooted in dignity, understanding, and non-judgmental support.

### About Epiphany Wellness

Located in Southborough, Massachusetts, Epiphany Wellness offers a full continuum of care for individuals facing addiction and mental health challenges. Through individualized, trauma-informed treatment and a commitment to ethical, person-centered care, Epiphany empowers clients to reclaim control, restore trust, and rediscover their sense of self.

### Start Your Journey to Recovery Today

If you or someone you love is struggling with kleptomania or co-occurring addiction, you are not alone. Let Epiphany Wellness help you take the first step toward healing and transformation.

For more information or to schedule a confidential consultation, contact Epiphany Wellness at (978) 519-7162 or visit Epiphany Wellness Centers - Massachusetts.

### Admission Office

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