

A retrospective chart review of cranial electrotherapy stimulation for clients newly admitted to residential drug treatment

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Abstract

Cranial Electrotherapy Stimulation (CES) has been shown to produce improvements for insomnia, depression, and anxiety among individuals afflicted with these conditions both with and without primary substance abuse dependence. This report presents findings from a retrospective chart review examining the impact of CES on the retention rates of newly abstinent substance dependent individuals in community-based residential treatment. Clients who received CES sessions during their first month in residential treatment exhibited better retention rates during the first 30 days, as well as at 60 and 90 days in treatment, compared to clients who did not receive CES. Sessions were well tolerated and clients reported improved sleep and reduced stress.