

What is Cognitive Behavioral Therapy For Substance Abuse Addiction Treatment

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treatment. It focuses on identifying and changing dysfunctional thoughts and behaviors that may be contributing to substance abuse. In addition, CBT is beneficial for people with co-occurring mental health disorders. Evolve Indy offers a range of evidence-based CBT programs for adults struggling with addiction and co-occurring disorders.

How Can Cognitive Behavioral Therapy Help You?

Cognitive Behavioral Therapy is a type of therapy that helps people change their negative thinking and behavior patterns. It is effective in treating substance abuse and addiction.

At [Evolve Indy](#), we use Cognitive Behavioral Therapy as part of our comprehensive treatment program for substance abuse and addiction. Our program includes Partial Hospitalization, Intensive Outpatient, and Outpatient programs. We also offer individual and family counseling, as well as group therapy.

Cognitive Behavioral Therapy can help you:

- Change your negative thinking patterns
- Learn new skills to cope with stress and triggers
- Reduce your cravings for drugs or alcohol
- Improve your communication and interpersonal skills

Learn more about our treatment programs

Partial Hospitalization:

[PHP](#) is a more intensive level of care than standard outpatient treatment. PHP allows you to live at home and continue working or attending school while receiving daily treatment at our facility.

Intensive Outpatient:

[IOP](#) is a step down from PHP but still more intense than standard outpatient care. IOP allows you to live at home and continue working or attending school while receiving treatment at our facility several days per week.

Outpatient Program:

Our [outpatient program](#) is the least intensive level of care. This program allows you to live at home and continue working or attending school while receiving treatment at our facility one to three times per week.

PHP, IOP, and OP include individual therapy, group therapy, and family therapy. Our programs are evidence-based, and we use the latest research to inform our treatment. PHP, IOP, and OP are all tailored to meet the unique needs of each individual.

What Is Substance Abuse?

Substance abuse is any drug use that leads to physical, mental, or social problems. It's also called drug abuse or chemical abuse. People who have substance abuse problems cannot control their use of drugs even though it causes them harm.

Substance abuse can lead to addiction. Addiction is a chronic, relapsing disease characterized by compulsive drug seeking and use despite harmful consequences.

There are many different types of substance abuse treatment, but one of the most effective is cognitive-behavioral therapy (CBT).

What Can Cognitive Behavioral Therapy Treat?

Cognitive-behavioral therapy, also known as CBT, is a type of psychotherapy that can treat a wide variety of mental health disorders. CBT is based on the premise that our thoughts and beliefs influence our emotions and behaviors. Therefore, by changing our thoughts and ideas, we can change how we feel and behave.

So, what can cognitive-behavioral therapy treat? Here are some of the most common mental health disorders that can be treated with CBT:

- Depression
- Anxiety
- Eating disorders
- Substance abuse
- Obsessive-compulsive disorder (OCD)
- Posttraumatic stress disorder (PTSD)
- Insomnia
- Chronic pain

CBT may be a promising treatment option if you or someone you know is struggling with these mental health disorders. One of the great things about CBT is that it can be adapted to treat each individual's unique needs and preferences. For example, some people may prefer to work with a CBT therapist in a one-on-one setting, while others may participate in a CBT group.

No matter your preference, there is likely a form of CBT that can help you. If you're interested in learning more about CBT or finding a CBT therapist, Evolve Indy is here to help.

We offer a variety of CBT-based treatment programs, including partial hospitalization, intensive outpatient, and outpatient programs.

Our Facilities

The first step in getting help for your addiction is admitting that you have a problem. This can be difficult, but it's important to remember that addiction is a disease. It's not something you can "snap out of."

Our facilities include a clinical campus, men's housing, and women's housing.

The Clinical Campus is our main facility, and it is here that we offer all of our inpatient and outpatient services. This includes individual therapy, group therapy, family therapy, and more.

The men's and women's housing is a safe and sober living environment for men who recover from addiction. This is a place where they can live and work on their sobriety without worrying about triggers and temptation.

If you, or someone you know, are struggling with addiction, Cognitive Behavioral Therapy may be a good option for treatment. Don't be afraid to [take the next step](#).

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Evolve Indy is a Joint Commission Accredited, Premier Drug & Alcohol Treatment Facility in Indianapolis, Indiana Offering Evidence-Based Treatment for Substance Abuse.

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