

# How Does Cognitive Therapy Help In Addiction Rehab?

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Addiction comes with its demons and those demons can have a habit of saying the worst things. When you're in the midst of an addiction, the last thing you want is negative thoughts causing you more pain and anguish. It creates a never-ending cycle of abuse to your body, both mentally and physically.

Cognitive therapy is one treatment that is used across many scenarios in order to tackle the negative thoughts that many of us can have, beyond just addiction. Does it help in addiction rehab?

According to research CBT (*cognitive behavioral therapy*) is one of the most effective forms of treatment for those who are coping with depression and anxiety. How does that relate to addiction treatment and helping kick a habit, which continues to ruin lives within every generation?

## What is cognitive therapy?

Cognitive behavioral therapy is a talking type of therapy that helps to manage problems by changing those thoughts and feelings that the subject in question has about themselves.

For the most part, it's used to treat anxiety and depression. However, it has been used many times for those who are dealing with physical and mental health problems. Addiction is one of those health problems.

With cognitive behavioral therapy, a study done by The Conversation found that in 49 *randomized control trials* and data from **4,304 participants**, addiction came up as one of the twelve different health conditions that CBT improves consistently.

## How does it work?

CBT works on taking your thoughts, feelings, physical sensations, and actions and connecting them together. It works with the idea that negative thoughts and feelings can sabotage your ability to get yourself out of the cycle you find yourself in.

It's one of many therapeutic approaches that can be done in order to tackle much different mental health and physical health conditions. Therefore, it's one that could be considered if you're seeking help.

## Does cognitive therapy help in addiction rehab?

At Evolve Indy, we focus on providing help to those struggling with substance abuse. Whether you're looking for drug rehab or alcohol rehab, both are seen as addictions and are deserving of the best help.

Cognitive therapy is one of many methods that can be successful in the fight and recovery from addiction. There are many reasons and scenarios in which individuals fall into an addiction. Whether it's a turbulent childhood, an environment you're in, or experiencing a traumatic event that has made you turn to drugs or alcohol, addiction can happen to anyone.

Through the use of this talking therapy, therapists can help their patients to understand the crux of their addiction and how it continues to spiral out of control.

Alongside traditional methods of therapy, this more modern type of treatment will break down the thoughts and feelings that the user is experiencing.

From this, actionable change can be made to how the person talks to themselves internally. Hopefully, it stops the thoughts that encourage them to abuse their body through drugs and alcohol.

## What to expect from cognitive therapy at an addiction treatment center

As an example of what to expect when approaching an addiction treatment center, Evolve Indy is a great one to use.

You want to receive help from a center or therapists that realize addiction is a unique experience for the person in question. Therefore, [the treatment](#) given, whether it's drug treatment or alcohol treatment, needs to be adapted accordingly.

With Evolve Indy, there are a variety of therapies available, as well as different programs that include [partial hospitalization](#), as well as both [intensive outpatient](#) and [outpatient options](#). What you pick is something that would be discussed when you approach for help.

## Cognitive therapy and the bigger picture

Cognitive therapy is something that will be considered part of your treatment. CBT sessions are set across a number of sessions, which can be several or more. After the initial assessment period, your therapist will then help to break down the problems into digestible sections.

This type of therapy isn't going to be the be-all and end-all of your addiction. In fact, it's just one cog of the machine that will help drive you toward a drug-free or sober life.

CBT might not be the appropriate therapy that works for the individual. It could be that it has no effect on one person and a significant impact on another. Finding the right therapy for one's own addiction is tailored.

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