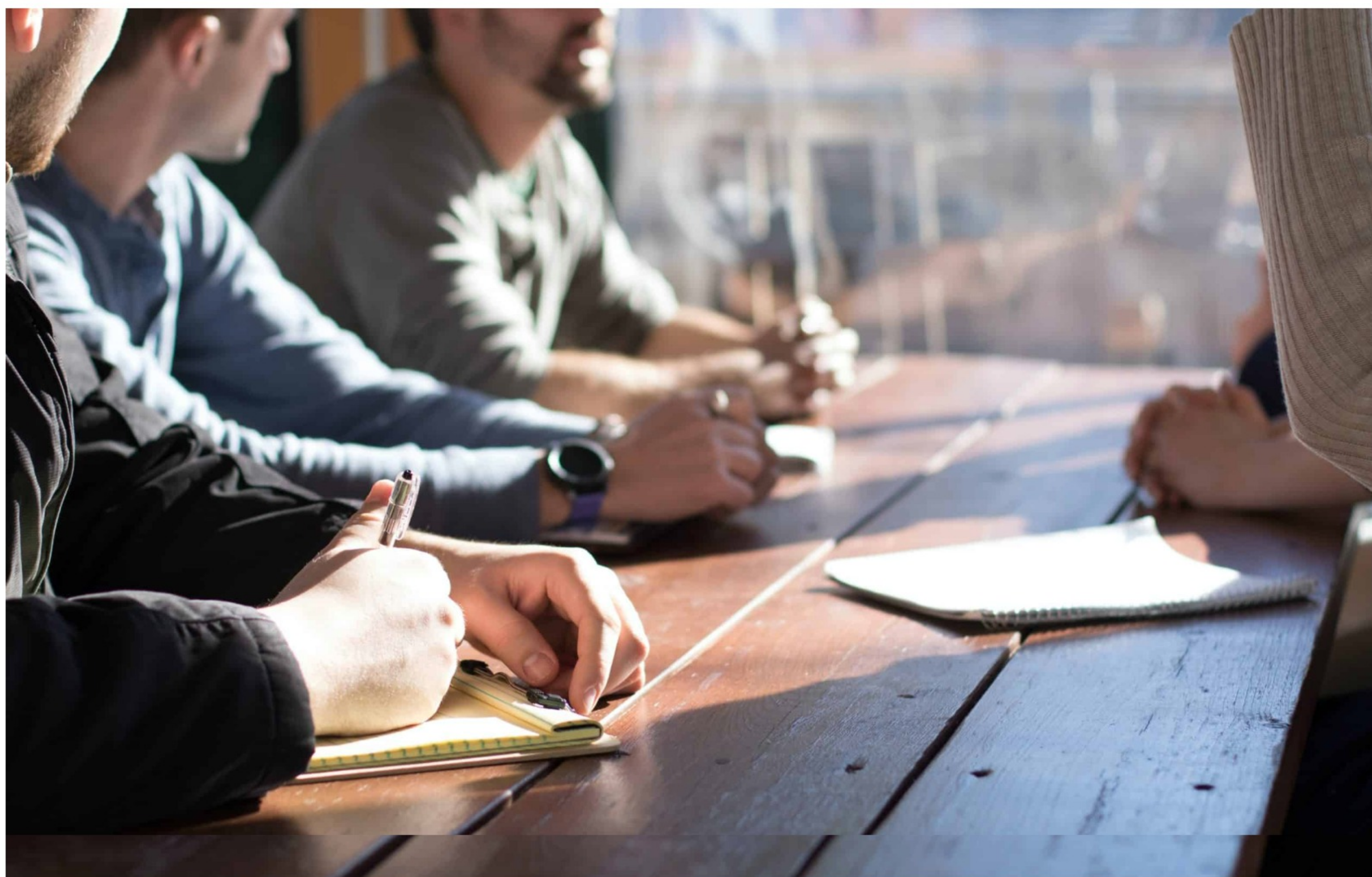


Rational Emotive Behavior Therapy (REBT) For Drug Addiction Treatment

by Evolve Indy | Jun 22, 2022 | Blog | 0 comments



Rational Emotive Behavior Therapy (REBT) is a cognitive-behavioral approach to psychotherapy developed by Albert Ellis in the 1950s. REBT is one of the most widely practiced therapies globally and is used to treat a variety of mental health disorders, including drug addiction.

At [Evolve Indy](#), we are experts in Rational Emotive Behavior Therapy (REBT) for drug addiction treatment. Our therapists have extensive experience helping people overcome their addictions and live healthy, productive lives.

Main Goals Of REBT

REBT is an effective treatment for drug addiction. For example, in a study of REBT with methadone-maintained heroin addicts, it was found that those who received REBT were more likely to stay in treatment and have fewer relapses than those who did not receive this therapy.

REBT is a form of cognitive-behavioral therapy based on the premise that our thoughts, feelings, and behaviors are all interconnected. REBT focuses on helping people identify and change self-defeating patterns of thinking and behaving.

One of the main goals of REBT is to help people become more aware of their thoughts and feelings to make better choices about how to respond to them. REBT also teaches people how to effectively manage their emotions, set realistic goals, and develop healthy coping skills.

One of the first steps in REBT is identifying the negative thoughts and beliefs causing the problematic behavior. Once these thoughts and ideas have been identified, they can be challenged and replaced with more positive and realistic ones. This process can help change the way a person thinks about their addiction, leading to changes in behavior.

How Can We Help You?

If you are struggling with drug addiction, we want to help. Evolve Indy offers Rational Emotive Behavior Therapy (REBT) as part of our comprehensive approach to addiction treatment. Our mission is to help people with addiction, no matter their situation!

Our Treatment Options

Partial Hospitalization Program (PHP)

It is designed for adults who need more structure and support than Outpatient Services can provide but who do not require the 24-hour supervision of inpatient treatment. PHP allows our clients to live at home while receiving treatment during the day at our facility. This program typically requires five to seven days of treatment per week, and each day includes both group and individual therapy.

Intensive Outpatient Program (IOP)

This type of treatment provides care and support while allowing you to live at home and continue with work or school. IOP is typically three to five days per week for three to eight hours per day and may include individual therapy, group therapy, family therapy, and medication management.

Outpatient Addiction Treatment (OP)

This type of care allows people to live at home while receiving treatment for their addiction. It is less intense than inpatient treatment and usually lasts for a shorter period. OP can be a good option for someone who has a robust support system at home, employed, or attending school.

How To Know Which Treatment Is Right For You

The first step is to understand that there are different types of drug addiction treatment. This can be done by meeting with a professional counselor or researching the internet. It is essential to determine what treatment will work best for your situation. Some people do well in outpatient programs, while others may need the structure of an inpatient program. There are also many different types of therapies that can treat drug addiction. One type of therapy that effectively treats drug addiction is Rational Emotive Behavior Therapy (REBT).

How To Take The First Step Towards Sobriety With REBT

If you or a loved one are struggling with drug addiction, it's essential to know that there is hope. Recovery is possible with the right treatment plan and support system in place. Evolve our Treatment Centers offer several different levels of care, including partial hospitalization, intensive outpatient, and outpatient programs. No matter where you are in your journey, we can help you take the next step toward sobriety.

With so many treatment options available, it can be hard to know where to start. That's why we're here to help. Our experts will work with you to create a personalized treatment plan that meets your unique needs. We specialize in Rational Emotive Behavior Therapy (REBT), an evidence-based approach to addiction treatment. REBT is an effective treatment for drug addiction, and we're proud to offer it at our center.

If you're ready to take the first step toward recovery, [contact us today](#). We'll be with you every step of your journey to sobriety.

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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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