

# Rational Emotive Behavior Therapy (REBT) For Substance Abuse Addiction Treatment

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on changing irrational beliefs and behaviors to help people live more enjoyable and meaningful lives.

REBT has been used for many years as an effective **treatment** for substance abuse addiction, aiming to help individuals gain control over their thoughts and feelings so they can lead healthier, happier lifestyles.



The goal of this type of therapy is to identify the core irrational beliefs that are causing distress in the patient's life and then work with them to create new, healthier behaviors and attitudes.

In this article, we will explore how REBT works, its successes in treating substance abuse addiction, and how you can use REBT in your own life to achieve positive change.

## Basic Principles Of REBT

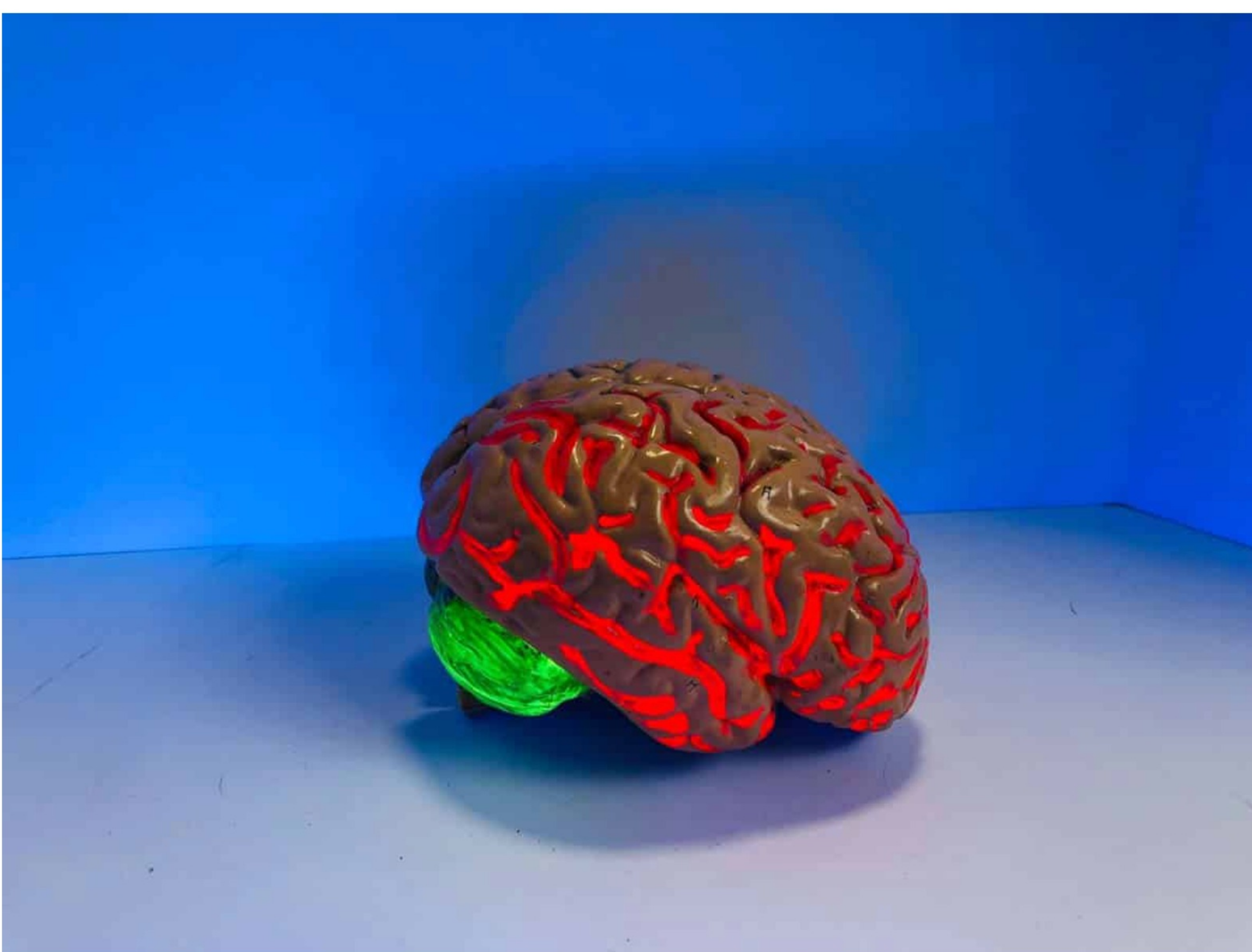
First, it's important to understand the basic principles of REBT. This form of therapy is based on the idea that people often have irrational beliefs and thoughts that can lead to negative emotions and behaviors.

For example, if someone believes they are worthless or unlovable, this belief alone can lead them to feel depressed and unmotivated to make positive changes in their life. By uncovering these irrational beliefs and replacing them with more rational ones, REBT therapists help individuals overcome their existing mental barriers and take steps toward a healthier lifestyle.

When it comes to treating substance abuse addiction, REBT has had success when compared to other treatments like 12-step programs or medication-based therapies. Studies have found that those with a substance use disorder can benefit from REBT by developing coping skills and strategies to deal with triggers and cravings.

This type of therapy also works to help individuals recognize their irrational beliefs, challenge them, and replace them with healthier thoughts that motivate positive behavior change.

## REBT in Action



As mentioned above, the goal of REBT is to uncover irrational beliefs that are causing distress in an individual's life. The therapist does this by asking the patient questions about their thoughts, feelings, and behaviors related to their addiction.

Through this process, the therapist helps the patient identify underlying irrational beliefs that contribute to his or her addictive behavior. Once these core issues are uncovered, the therapist then works within a collaborative environment with the patient to develop new beliefs and attitudes that are more helpful and realistic.

One example of how this type of therapy works in practice is by helping individuals identify triggers for their addiction. For example, if someone has a drinking problem, the therapist might help them recognize certain environmental cues (like being around alcohol or people who drink) that could lead to relapse.

The therapist and patient can then work together to develop new strategies—such as avoiding triggers or distracting themselves with other activities—to prevent the individual from engaging in addictive behaviors.

## What We Do At Evolve Indy

At Evolve Indy, we recognize the importance of treating mental health issues together with substance use disorders. That's why we offer a comprehensive approach to addiction treatment that includes cognitive-behavioral therapies like REBT.

At our facility, we provide **individual and group therapy** sessions where clients can learn how to identify their irrational beliefs and behaviors, challenge them, and replace them with healthier ones. We also offer relapse prevention groups so that individuals in recovery can gain new skills for avoiding high-risk situations that may lead to relapse.

### Partial Hospitalization:

At Evolve Indy, we also offer **partial hospitalization** for individuals who need more intensive treatment for their addiction. During this program, clients receive up to 10 hours of therapy and medication management per day in a safe and supportive environment.

In addition to REBT techniques, our team of professional therapists uses a variety of evidence-based approaches to help clients gain the skills they need to sustain long-term recovery from substance use disorder.

### Intensive Outpatient:

For those who are looking for a more flexible treatment option, we also offer **intensive outpatient** services. During this program, clients receive 8-10 hours of therapy per week in a supportive and nurturing environment. Our team uses REBT techniques to help individuals develop healthier beliefs around their addiction and build the skills they need to make positive changes in their lives.

## The Bottom Line

At Evolve Indy, we believe in providing comprehensive treatments that address both the mental health and substance use needs of our clients. Our approach to recovery combines evidence-based therapies like Rational Emotive Behavior Therapy with holistic care so that our clients can gain the skills necessary for sustained sobriety.

If you or someone you know is struggling with substance abuse addiction and is looking for an effective solution, contact us today and learn more about our services.

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