

Dialectical Behavior Therapy For Alcohol Addiction Treatment

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Dialectical Behavior Therapy For Alcohol Addiction Treatment can be so beneficial for those experiencing alcohol dependency or addiction. Dialectical Behavior Therapy (DBT) helps people explore how and why they think the way they do, and to recognize patterns of thoughts that may be self-destructive. Read on to learn more about DBT.

What Is Dialectical Behavior Therapy For Alcohol Addiction Treatment?

Dialectical Behavior Therapy is a form of Cognitive Behavioral Therapy, which aims to help people understand how and why they experience specific thought patterns, leading to recognition of self-destructive tendencies and the development of more proactive coping mechanisms. DBT is different from CBT because it focuses more on validation and acceptance of the most difficult feelings, thoughts, and behaviors while working towards change at the same time.

The term Dialectical means integrating opposites, in other words finding a balance between what must be changed and what should be accepted. In reality, there is generally a large amount of guilt and shame that comes with alcohol addiction, and Dialectical Behavior Therapy aims to help patients accept themselves so that they can then move forward in a proactive way.

Acceptance of oneself can lead to increased self-esteem and encourage more motivation to make positive changes, so it's an extremely effective way to help a person kick their addiction to the curb for good.

A therapist and their patient also create a strong bond during Dialectical Behavior Therapy, which then provides the patient with a healthy outlet to help encourage emotional growth in the right direction. Taking part in regular DBT sessions can help you to learn life skills, coping mechanisms, and the best tools to start minimizing the likelihood of relapse.

What Would Dialectical Behavior Therapy For Alcohol Addiction Treatment Include?

Dialectical Behavior Therapy follows a specific curriculum which uses four main modules to achieve the greatest success. These modules include:

- Mindfulness: learning how to become more aware of yourself and your feelings, while being fully present in the current moment rather than regretting the past or fearing the future
- Interpersonal effectiveness: uncovering methods to help maintain self-respect, saying “no” whenever necessary, asking for what they truly desires and improving relationship skills overall
- Emotional regulation: learning how to modify emotions that are difficult and not desirable
- Distress tolerance: learning to accept that stress, fear and discomfort are just part of life, and often cannot be changed

Why Does Dialectical Behavior Therapy For Alcohol Addiction Treatment Work So Well?

Dialectical Behavior Therapy For Alcohol Addiction Treatment can support patients in recognizing their most intense feelings, aiming to help them to accept the emotions which cannot be changed and alter those which can encourage an excess of negative actions or dangerous consequences.

Through regular DBT sessions, patients can learn how to start accepting themselves for who they really are, and develop the most effective, proactive tools that they can use to deal with difficult emotions and manage stress without being tempted to use alcohol as a coping mechanism. Unfortunately, painful feelings are just part of modern life and they cannot be avoided, so DBT aims to help people recognize this and then start learning to cope in a more balanced, self-preserving manner.

Although Dialectical Behavior Therapy was originally developed to minimize symptoms like self-harming in suicidal patients, it is a method that still works so well with addiction because in reality, it is a form of self harm.

Addiction Is A Form Of Self Harming Behavior

Addiction is a self-harming behavior due to the fact that sufferers may continue to drink alcohol to excess despite their poor health, the loss of a job or even deteriorating personal relationships, simply to sustain the positive sensations associated with the self-harm. This self-harming behavior can be minimized and controlled when a patient actively participates in DBT, helping to explain exactly why Dialectical Behavior Therapy For Alcohol Addiction Treatment works so well.

If you or someone close to you is experiencing alcohol addiction, then a rehabilitation clinic such as **Grand Falls Recovery** can help by offering expert Dialectical Behavior Therapy For Alcohol Addiction Treatment. Recovering from an alcohol addiction is never an easy task, but with the right support network in place, your chances of achieving success will be greatly improved.

For extra support during your journey to sobriety, choose a place like Grand Falls Recovery who offer a variety of different treatment options including DBT to assist you in moving forward and regaining control over your life and health.

You can easily learn more about **who we are** and **what kind of issues we treat** to better understand our skills and experience, helping to provide you with ultimate peace of mind throughout your journey to sobriety. Dialectical behavior therapy is certainly something that you should try if you want to beat your alcohol addiction.

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