

# What Is Cognitive Behavioral Therapy For Alcohol Addiction Treatment?

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No two patients are the same when it comes to alcohol addiction, so that's exactly why there are numerous different treatment methods to assist every individual in the most effective way. One form of alcohol addiction treatment is cognitive behavioral therapy. Answering the question 'what is Cognitive Behavioral Therapy For Alcohol Addiction Treatment?' doesn't have to be difficult, as you can find lots of helpful information below.

## What Is Cognitive Behavioral Therapy For Alcohol Addiction Treatment?

Cognitive behavioral therapy (CBT) is one of the most popular psychotherapy methods used to treat alcohol addiction, and when implemented correctly, most patients can expect great results. CBT is commonly referred to as talk therapy, and it combines techniques to approach both cognition and behavior to assist individuals with recognizing and resolving the distorted thought patterns which influence their behavior.

The main ethos behind the CBT model is that a patient's thoughts, emotions and behaviors are all connected. Cognitive behavioral therapy is a problem focused addiction treatment method, which means the main aim is to identify healthy solutions or coping mechanisms for the problems that are causing alcohol addictions rather than trying to figure out why they are occurring.

## The CBT Model Explained

The CBT model is a framework that is utilized to help a therapist better understand a patient's problematic behavior. The core principles are focused around a patient's cognitions about themselves, those around them, and the world. The 3 different levels of cognition included in the CBT model are as follow:

- Core beliefs: Core beliefs are underlying opinions that a person has about themselves, others, and the world. Generally speaking, they are influenced by early childhood experiences and often viewed as absolute. When triggered, negative core beliefs may encourage cognitive distortions and automatic thoughts.
- Cognitive distortions: Cognitive distortions are irrational misbeliefs. Such assumptions are often unreasonable, like believing that asking for help is a sign of weakness.
- Negative automatic thoughts: Negative automatic thoughts are usually unintentionally triggered in specific situations. Such thoughts can intensify problematic behavior.

When the relationship between core beliefs, cognitive distortions, and automatic thoughts is taken into consideration, it can be said that problematic behavior may be altered through a process of cognitive restructuring. To put things more simply, you can change your unhealthy behaviors by altering detrimental thought patterns.

## How Effective Is Cognitive Behavioral Therapy For Alcohol Addiction Treatment?

Cognitive Behavioral Therapy For Alcohol Addiction Treatment is generally viewed as being highly effective. It's evidence-based and backed up by a considerable amount of scientific and medical data, and it certainly has the potential to dramatically improve a person's quality of life in a number of different ways. CBT can help you to:

- Recognize and change distorted thought patterns
- Identify internal and external triggers
- Develop coping mechanisms for tricky use in situations
- Learn critical thinking skills for proactive problem solving
- Determine a unique healthy path to treatment based on each individual patient
- Encourage you to face fears head on instead of continual avoidance
- Helps to promote self confidence in one's own abilities
- Sets out more productive methods of communication

If you or someone that you love is experiencing alcohol addiction, then a rehabilitation clinic like **Grand Falls Recovery** can help by offering expert Cognitive Behavioral Therapy For Alcohol Addiction Treatment. Recovering from an alcohol addiction is never an easy task, but with the right support network in place and an outstanding Cognitive Behavioral Therapy program, your chances of achieving success will be greatly improved.

CBT has helped so many people break free from their alcohol dependency or addiction, encouraging them to gain control over their thoughts and feelings to better navigate the many ups and downs that life can present. Changing the way that you think and therefore the way that you approach certain situations can have a noticeable impact on your alcohol addiction, as you will no longer feel the need to turn to alcohol as a coping mechanism.

Understanding what Cognitive Behavioral Therapy For Alcohol Addiction Treatment is the first step in alcohol addiction recovery. If you or someone you love is in need of extra support, then choosing a place like Grand Falls Recovery who offer a variety of different treatment options including CBT is the best course of action.

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. Cognitive behavioral therapy is no doubt something that you should try if you want to beat your alcohol addiction.

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