

# Dialectical Behavior Therapy For Substance Abuse Addiction Treatment

JUNE 25, 2022 – BY TAYLOR TIMOTHY



At Grand Falls Treatment Center, our patients benefit from effective drug and alcohol treatment programs. We believe that everybody who steps into our doors is taking a big step into a new life, and we want to be a part of helping the transition.

We take addiction very seriously here, and we know that being dedicated to helping those who are addicted to drugs and alcohol will help them to come through the other side, maintaining sobriety with the best support.

We work closely with a highly trained, high-quality group of staff from doctors and nurses to therapists and support workers. Our staff force is available 24 hours a day seven days a week, ensuring that every single client who comes to us is acknowledged, heard, and feels supported in their journey. If you are seeking to stand up and be counted in your addiction recovery, we are here to help you.

## Our Approach

We believe in a mixed approach to our drug and alcohol addiction treatment programming. Here, our clients will find a range of options to choose from that are best suited to them. One of the approaches that we take towards our clients includes Dialectical Behavior Therapy for substance abuse addiction treatment.

## What Is Dialectical Behavioral Therapy?

Dialectical Behavior Therapy for substance abuse addiction treatment is the type of counseling that is acceptance-based. This means that those who have not benefited from other therapeutic modes could benefit from this one and it takes inspiration from cognitive behavioral therapy. CBT or cognitive behavioral therapy is also used to treat drug and substance abuse addiction. There are four key modules of DBT and these include:

### Mindfulness

During this module, clients will learn and be taught how to live in the moment while remaining grounded in the present day. It doesn't do for people to look too far ahead and feel that overcoming addiction is a mountain that's hard to climb.

### Distress Tolerance

During this module, clients will learn healthy coping skills for managing difficult situations of which there are plenty during substance abuse addiction.

### Emotion Regulation

It can be intense to manage emotions, and when those emotions and hormones are compromised by substance abuse, this is an important module. Clients will learn supportive emotional regulation skills.

### Interpersonal Effectiveness

Lastly, clients will learn how to maintain healthy boundaries. This is so important in their recovery for substance abuse addiction. They will also learn to use healthy strategies for resolving conflicts through their relationships.

## What Does Dialectical Behavioral Therapy Treat?

Dialectical behavioral therapy is helpful for a range of psychiatric conditions, not just substance abuse addiction treatment. In both adolescent and adult populations, dialectical behavioral therapy can help things like borderline personality disorders, bipolar disorders and self injurious behaviors, ADHD and substance use disorder, eating disorders and clinical depression. This is by no means all a contract, but these are what it's most commonly known for.

## Dialectical Behavioral Therapy for Substance Abuse Addiction Treatment

Over the years, dialectical behavioral therapy has been specifically adapted to meet the needs of those with substance abuse addiction. It's there to help and aid a healthier life in recovery and help them to cling onto sobriety for as long as possible, hopefully, for life. Areas of dialectical behavioral therapy for addiction that are targeted include the following:

- Reducing drug abuse behavior
- Reducing cravings
- Alleviating the physical discomfort that comes from withdrawal
- Identifying achievable goals
- Increasing awareness of and managing impulsivity

## How Does Dialectical Behavioral Therapy Work?

Dialectical behavioral therapy takes place once a week in therapy sessions here. It can be done for as long as you need, whether that be weeks or years. It is a former talk therapy but your therapist may also use physical options such as homework assignments or worksheets to help you to get through it. It can help to reduce suicidal inclinations and benefits the mind and body connection needed to get through treatment and recover faster.

## Why Choose Grand Falls Treatment Center

At Grand Falls, we offer a one-of-a-kind addiction treatment experience, rooted in an evidence-based, client-focused approach. We are committed to improving as many lives as we can through our staff and facility and combine detox services with psychological therapy and support to give patients the comprehensive support they need to overcome their addiction. We offer evidence-based treatment programs to help people rebuild their lives and live a life of sobriety.

Dialectical Behavior Therapy

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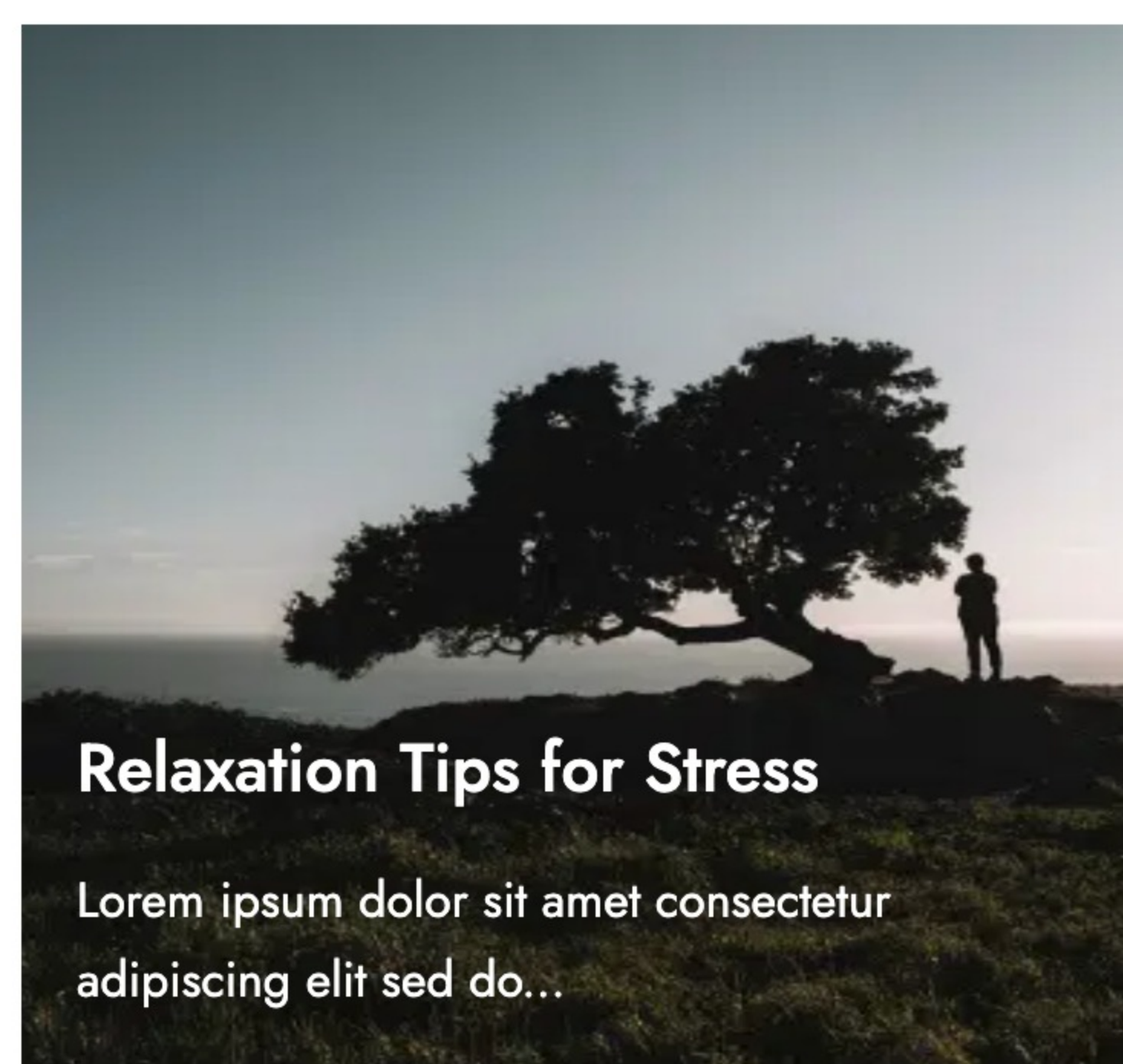
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