

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

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Are you or someone you're close to dealing with a substance abuse or substance addiction problem? If so, getting help is extremely important – the sooner you can get help, the sooner you can get life back on track.

When it comes to dealing with substance abuse and addiction related issues, there are a wide range of treatment options available to choose from, and knowing which route to go down can be complex.

The good news is that there is plenty of help and support available, in addition to a range of treatment pathways. One of which is Rational Emotive Behavioral Therapy, a form of therapy that's similar to CBT and has proven to be highly effective for treating and managing substance addiction and abuse issues.

That's where Grand Falls Addiction Treatment Center comes in. At Grand Falls Addiction Treatment Center, we offer a unique approach to addiction treatment, with all of our treatment pathways rooted in an evidence-based and client-focused approach.

Our highly skilled and experienced team is committed to improving as many lives as we are able to, using our purpose-made facility to offer each and every client the very highest levels of care. At Grand Falls Addiction Treatment Center we combine a range of care services, including a specialist detox service that's used in combination with psychological therapy and on-going patient support, allowing our patients to overcome their addiction and remain in sobriety.

What is Rational Emotive Behavioral Therapy?

One of our popular treatment methods at Grand Falls Addiction Treatment Center is Rational Emotive Behavioral Therapy (also known as REBT), which has been used to treat a combination of mental health conditions since its introduction in the 1950s, with some truly incredible results.

Since it was first used, REBT has had a significant impact on how mental health conditions are treated, and has heavily influenced a range of life-changing therapies, such as Cognitive Behavioral Therapy (also known as CBT), with which REBT shares a number of similarities.

REBT is often used alongside other treatments for substance abuse, helping to improve and enhance the results of these therapies and treatments.

At Grand Falls Addiction Treatment Center we used REBT to help our substance addiction and abuse clients to manage and overcome their substance related issues, giving them the tools that they need to lead a life of sobriety.

How does REBT differ from CBT?

We often get asked when the difference is between CBT and REBT treatment. While REBT and CBT share a number of similarities, they are two different therapies with different means and methods, and can offer a wide range of results.

One of the key differences between the two therapies is that REBT deals with a strong emphasis based on beliefs, which includes irrational beliefs, and how these beliefs impact a person's thoughts, actions, reactions, and feelings. Whereas, CBT tends to challenge cognitive distortions and focuses on secondary beliefs.

A key aspect of the REBT philosophy is that the beliefs that surround an event have an impact on your emotions, which then drives how you behave and react. This is something that we focus heavily on at Grand Falls Addiction Treatment Center, when working with our clients to overcome their addiction related issues.

How can REBT be used for substance abuse treatment?

When it comes to treating (and managing) substance abuse, behavioral therapies are a common treatment path, including REBT. With this form of behavioral therapy being delivered at Grand Falls Addiction Treatment Center in a number of ways, including via individual therapy, group therapy or family therapy sessions.

When it comes to how therapy can be most effective, we always endeavor to talk to our clients and discuss what options seem like the best fit for them, their needs, and their family, if their family is an active part of their recovery.

The idea is to provide the person with healthy coping mechanisms for dealing with an array of situations and managing difficult feelings, as well as providing education around triggers and how to avoid them, and actionable steps for maintaining sobriety.

Studies have shown that exposure to REBT in cases of substance abuse and addiction as a treatment method, resulted in reduced behavioral and psychological disruptions, in addition to significant reduction in substance abuse frequency.

When it comes to beating substance abuse addiction, at Grand Falls Addiction Treatment Center our team of highly skilled and experienced staff always endeavor to go above and beyond for each and every client.

Addiction Treatment Rational Emotive Behavior Therapy

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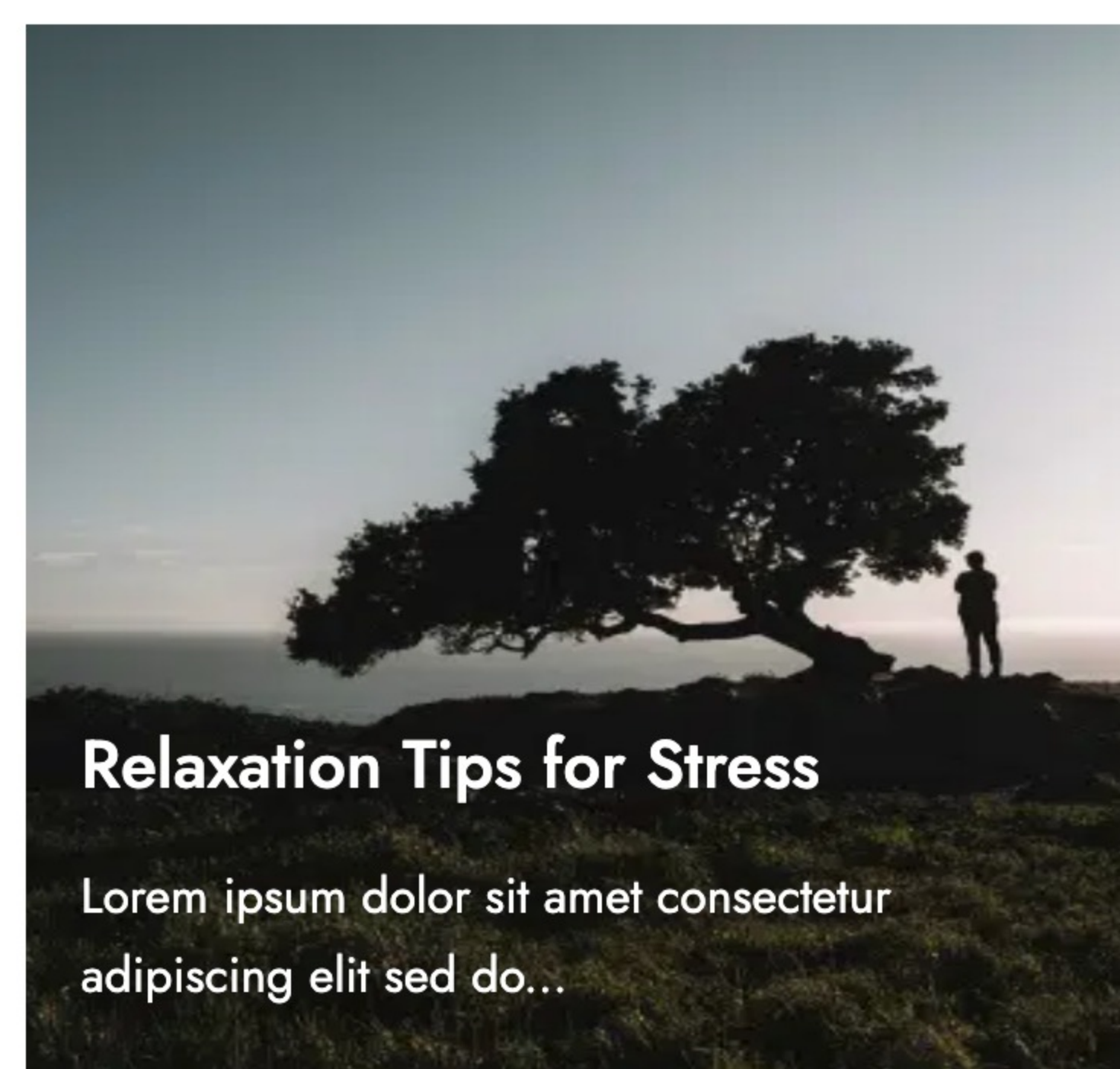
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