

# Dialectical Behavior Therapy for Effective Substance Abuse Treatment

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There are different forms of therapy employed in treating substance abuse. One method may succeed whereas another had poor results. While Cognitive-Behavioral Therapy (CBT) is well known, Dialectical Behavior Therapy (DBT) is becoming increasingly popular. Originally developed to treat individuals with borderline personality disorder, DBT is a specialized form of psychotherapy that's been adapted to address a wider range of mental health issues, including addiction.

## How It's Done

Dialectical behavior therapy combines elements of (CBT) with mindfulness techniques with an emphasis on the importance of acceptance and change in achieving emotional regulation and behavioral transformation.

Through a combination of mindfulness practices, emotion regulation techniques, distress tolerance skills, and interpersonal effectiveness strategies, those in recovery learn to accept themselves and their experiences while also working towards positively changing their behavior and lifestyles.

In addiction treatment centers, DBT is typically incorporated into comprehensive treatment programs that address the complex needs of [those struggling with addiction](#). Treatment begins with an assessment to identify an individual's unique challenges and recovery goals. The results of the assessment are then used to create a personalized treatment plan that integrates DBT techniques with other evidence-based therapies and interventions.

DBT sessions are usually conducted in both individual and group settings. During individual therapy sessions, individuals work with a trained DBT therapist to learn and practice skills tailored to their unique needs and circumstances. These sessions provide a safe, supportive environment for exploring underlying issues that led to addiction as well as developing coping strategies to deal with them.

Group therapy sessions give individuals a chance to practice DBT skills in a supportive group setting. Led by a DBT therapist, these sessions focus on helping those in recovery learn skills including mindfulness meditation, emotion regulation, and dealing with stress. Participants engage in specific exercises, role-playing, and discussions to understand the DBT principles and how to apply them to real-life situations.

## Who Can Benefit from DBT?

DBT provides practical skills to help individuals develop healthier coping mechanisms, improve their emotional well-being, and cultivate more satisfying relationships. Due to this, DBT is particularly beneficial for those battling addiction while also having difficulty regulating their emotions, managing stress, or maintaining healthy relationships.

It's well-suited for individuals who have a history of impulsive behavior, suicidal ideation, or self-harm. DBT can also be effective for those with co-occurring mental health disorders e.g. anxiety, depression, or PTSD, who need comprehensive treatment for both addiction and underlying psychosocial issues.

## Start a New Chapter

At [Grand Falls Center for Recovery](#), we focus on an evidence-based, client-focused approach to [treating substance use disorder](#). We welcome anyone looking for [addiction treatment in Missouri](#) whether they're from our local community or from out of state. We aim to improve as many lives as we can through the combined use of various psychotherapies and holistic approaches. Reach out to us today if you're ready to break free from addiction and start a new chapter of sobriety.

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