Dialectical Behavior Therapy For Drug Addiction

by Robert Alexander Center | Apr 17, 2022 | Blog | 0 comments

Seeking drug addiction treatment is important for anyone dealing with addiction. Without the right treatment, individuals can experience poor mental and physical health. With the right understanding of treatments, such as dialectical behavior therapy for drug addiction, a person can be on the road to a sustainable recovery in no time.

What Is Dialectical Behavior Therapy For Drug Addiction?

There are various drug addiction treatments available across the world. One of those is dialectical behavior therapy, which deals with cognitive behavior. It is used for various reasons to help people change unhelpful ways of thinking and behaving. Dialectical behavior therapy is known for treating borderline personality disorder, which might occur when a person deals with drug addiction.

When an individual is compulsively using drugs they can affect certain areas of the brain, which can result in unstable emotions and a change to a person's health. It can damage how a person behaves, thinks, reacts, and treats themselves. Hence, dialectical behavior therapy (DBT) can prove effective for drug addiction to help a person improve their ways of thinking and behaving.

For drug addiction treatment, DBT is a well-established form of therapy. Drug users often have a higher risk of poor mental health, especially when they relapse and/or try therapy. Hence, having behavior therapy can help a person improve their behavior and how they react when they stop using drugs.

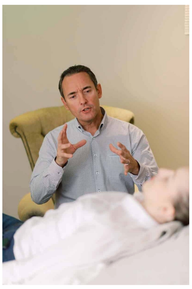
Frequent drug users and anyone dealing with addiction may often experience relapsing when they stop using the drugs. This is due to them relying on the substance(s) for relief. If a person uses drugs to relieve themselves from stressful emotions or any other kind of relief, they become reliant on it. Hence, they can easily turn back to using the drugs when they feel uneasy again.

Therefore, DBT is used to help a person change how they think and behave when they seek treatment and stop using drugs. Instead of transitioning back to drug use, the aim is to help them find other (healthy and natural) ways to find relief and regain a sense of control.

The Benefits Of Drug Addiction Treatment

The right drug addiction treatment can help with medical detox, which is necessary for anyone dealing with addiction. An intensive outpatient plan or outpatient rehab program can be what people need to achieve a sustainable recovery. With there being options to seek support at home or within the medical environment (which includes 24-hour care), it is open for anyone that needs help and support to regain their physical and mental health after substance abuse.

With that, there are many benefits of drug addiction treatment and dialectical behavior therapy, in particular. These benefits include:



Mindfulness

Drug abusers often lack mindfulness and the sense of being present. With the use of drug addiction treatment with dialectical therapy, a person can start to experience acceptance. They can begin to observe themselves and their thoughts with judgment.

Distress tolerance

As opposed to relapsing and giving into taking a drug when a person starts to experience stress and anxiety again, a person's distress tolerance will increase with DBT. The response won't be immediate. But, in time a patient will be able to cope better with the emotional and physical challenges that come with the end of drug use.

Regulated emotions

When a patient consistently uses drugs, they will find it difficult to regulate their emotions. Hence, drug addiction treatment with DBT will help a patient deal with and work through intense emotions. Over time, emotions will be easier to deal with.

A DBT specialist can help a person experience more positive emotions while helping them deal with extreme emotions that would often result in relapse.

Where To Seek DBT?

Anyone looking to seek drug addiction treatment with dialectical behavior therapy, especially those in Kentucky, can utilize the specialist treatment at the Robert Alexander Center for Recovery.

There, patients can experience medical detoxes and overcome substance abuse, and addiction with various treatment options. Patients can seek inpatient or outpatient support as well as seek emotional support from DBT. Patients can be on the road to recovery and instead of worrying about relapsing, they can use DBT to help them attain a sustainable recovery. They can improve the relationships they have with themselves and their emotions, which is an important part of combating addiction.

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