

Dialectical Behavior Therapy For Substance Abuse Addiction Treatment

by Robert Alexander Center | Sep 28, 2022 | Blog



Watching someone you love struggle with drugs and alcohol or having an addiction yourself can be a difficult situation to handle. However, the good news is that there is help and hope for those struggling with drug and alcohol addiction.

These days, dialectical behavior therapy (DBT) remains a popular choice for treating substance abuse and addiction. The truth is that it's effective and aims to provide the person with new life skills by changing their behaviors. Here you can learn all about dialectical behavior therapy for substance abuse addiction treatment and where to turn for help and to get started with DBT.

What is DBT?

DBT is an evidence-based psychotherapy and a type of cognitive behavioral therapy that has been useful in changing behaviors and helping those recover from substance abuse. The purpose of the therapy is to help the patient accept the reality of their life and the situation. It guides them in getting them to change their life by way of altering unhealthy behaviors.

The pros of DBT are that it will help you learn new coping skills that you can use in stressful situations or when you want to turn to drugs and alcohol. You will have the power to change your state of mind without using up too much energy. The primary [goal of the therapy](#) is to help you create a life worth living.

DBT & Addiction Treatment

As it relates to DBT and [addiction treatment](#), it helps those facing substance abuse issues learn new skills like distress tolerance, mindfulness, and interpersonal effectiveness, as well as emotional regulation.

These skills tend to be effective in helping someone with addiction stop using drugs and alcohol. The focus is on changing someone's surroundings and behaviors which is intended to make life easier for them.

You may be encouraged to seek out environments and peer groups that discourage the use of drugs and alcohol and discover ways to improve your self-esteem and confidence so that in stressful situations you don't turn to substances to cope. It also involves removing triggers from your life such as unhealthy relationships and drug paraphernalia.

DBT Therapies & Techniques

It's important to dive deeper into the specific DBT therapies and techniques so you can better understand how it works. There are typically four core components of DBT. These include:

- **Individual Therapy:** These are weekly therapy sessions where you'll learn how to apply new skills to real-life situations. These sessions are tailored toward your personality.
- **Skills Training:** With skills training, group leaders teach coping skills and communication such as mindfulness and emotional regulation. The hope is that the patient will apply these new skills to their daily lives and interactions.
- **Phone Coaching:** It's important that the recovering addict can reach out to the therapist via the phone when faced with difficult situations outside of the session.
- **Team Consultation:** This is a focus on therapists being able to provide the best treatment possible for the patients.

What Conditions Can DBT Help Treat?

DBT can help treat a variety of conditions including [substance abuse](#). The initial intention was to treat women with suicidal tendencies. However, over time it's been proven to help treat a variety of other conditions such as drug and alcohol addiction and other mental health conditions like anxiety, eating disorders, PTSD, and bipolar.

Finding Treatment for Drug or Alcohol Addiction

You should stay hopeful knowing that there is help and you can find [treatment for drug or alcohol addiction](#) today. The Robert Alexander Center for Recovery is a drug rehab and alcohol rehab program in Kentucky that offers evidence-based, personalized, and supportive treatment to each and every client that comes through our doors.

We believe there is no one-size-fits-all approach to treating addiction. Our focus will always remain on the individual. Your treatment plan will be unique and tailored to your situation and personality. Our team of professionals is dedicated to providing a safe and comfortable drug and alcohol detox treatment environment and services to help anyone who is struggling with addiction.

Conclusion

DBT is an effective way to treat substance abuse and a treatment option you may want to consider if you or a loved one is struggling with addiction. There is help out there and all you have to do is make the call to get started.

DBT will change your life in a positive way and provide you with the tools, resources, and skills necessary to tackle substance abuse head-on. The right Drug Treatment or Alcohol Treatment program might just save your life.



The Robert Alexander Center for Recovery is a brand new, state-of-the-art addiction treatment center in Kentucky, offering evidence-based treatment for substance abuse.

Site Map

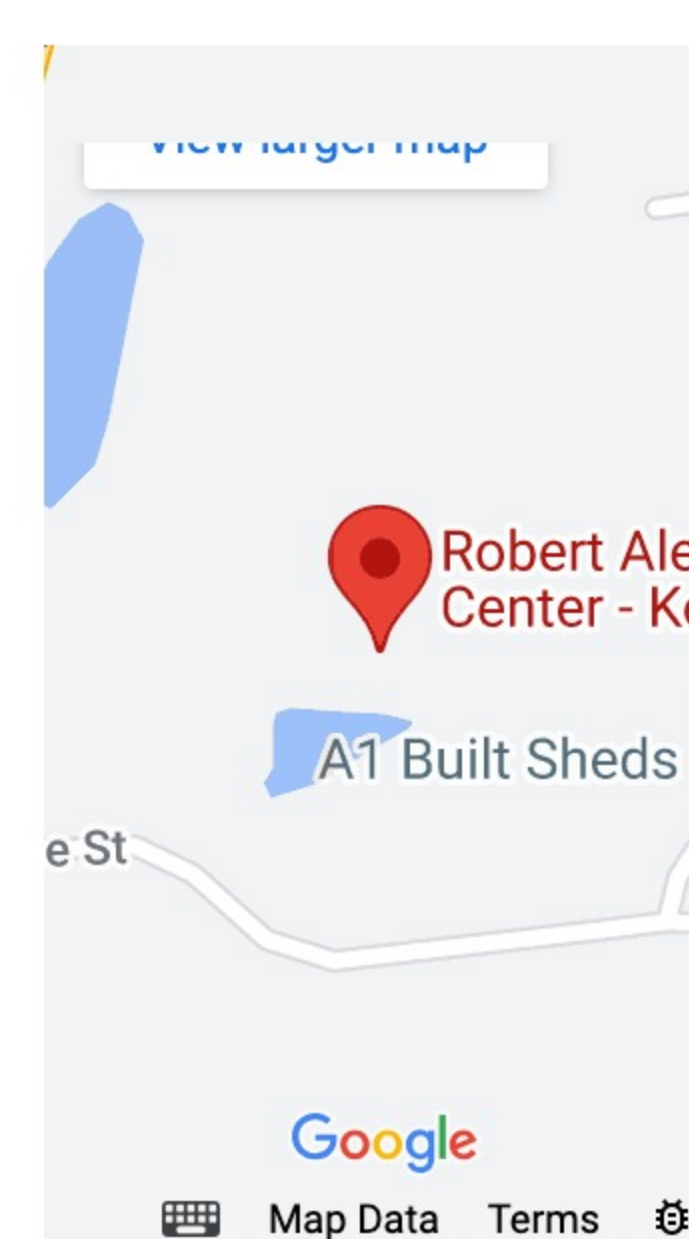
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The Difference In Residential Vs. Partial Hospitalization In Addiction Rehab



Can Alcoholics Successfully Moderate Their Drinking Habits?



Brain Recovery From Opioid Addiction: A Timeline



Breaking The Cycle: Treating Trauma For Lasting Recovery



Setting And Achieving Goals: Using Sober November As A Catalyst For Change

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