

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

by Robert Alexander Center | Oct 2, 2022 | Blog



Rational Emotive Behavior Therapy (REBT) was founded by Albert Ellis, Ph.D., and originated in the 1950s. It has the potential to treat substance abuse alongside other therapies. While it shares some similarities with CBT, these two therapies are not the same.

If you or a loved one is struggling with addiction then you may want to consider REBT. Before taking any action it's wise to review what is rational emotive behavior therapy for substance abuse addiction treatment and to understand your rehab options for having a brighter future.



What is Rational Emotive Behavior Therapy?

REBT is an action-oriented therapy that helps patients deal with irrational beliefs and better deal with their emotions, thoughts, and behaviors and how to manage them. There's not only a focus on how to manage them but how to do so in a more realistic and healthier way.

Problems often arise when someone has irrational beliefs about themselves or the world in general. This therapy focuses on addressing negative thinking patterns and will allow someone to overcome mental distress and other psychological problems.

How Can REBT Help Treat Addiction

When it comes to REBT and [treating addiction](#), the aim is to tackle a person's behaviors, thoughts, and visualizations more deeply. The goal is to tackle dysfunctional thoughts and feelings and make them more productive.

Someone who's addicted to drugs and alcohol may be acting in a self-defeating manner and this therapy can get to the root cause and help someone change their thoughts and patterns.

Rational Emotive Behavior Therapy Techniques & Approach



As far as the approach or techniques used, REBT patients will usually be guided through a specific philosophy which is:

- **Action:** There will be an activating event such as a trauma.
- **Belief:** The person will form a belief in reaction to the event. The sign of dysfunctional behaviors often means there are irrational beliefs present.
- **Consequence:** The client will begin to live life a particular way in reaction to the event.
- **Dispute:** The therapist will begin to challenge the client's irrational behaviors, thoughts, and visualizations. They will ask you to gather facts and evidence to challenge your beliefs.

This type of therapy can be essential in [maintaining sobriety](#). Instead of thinking negative thoughts and being triggered by certain events, you'll be able to challenge your thinking and better practice self-love, and have encouraging words for yourself.

Other models of REBT may focus on Dispute, Effects, and New Feelings. This approach is all about being able to use a more rational thought process and way of thinking and then the person will apply new emotional and behavioral beliefs to a new situation instead of falling back into old patterns and ways.

Finding Addiction Treatment

Be glad to know that there is drug rehab and alcohol rehab help available to you. All you have to do is decide it's time for a change and be willing to try an approach such as REBT. Here at the Robert Alexander Center for Recovery center, we are a drug and alcohol rehab program in Kentucky that offers an evidence-based, personalized, and supportive treatment model to anyone who comes in and wants help.

Our focus is always on the individual and coming up with a tailored treatment plan since there isn't a magic pill or one-size-fits-all approach to drug and alcohol addiction. Our promise to you is that we'll come up with a plan that will ensure long-term success in recovery from substance abuse.

We will be with you every step of the way and help you along in your journey to overcome substance abuse issues. We truly care and want to have you experience the change for yourself by signing up for one of our programs such as [intensive outpatient](#) or [outpatient rehab](#). Avoid putting this important task off for another day and get in touch today to learn more and start your recovery journey to better health.

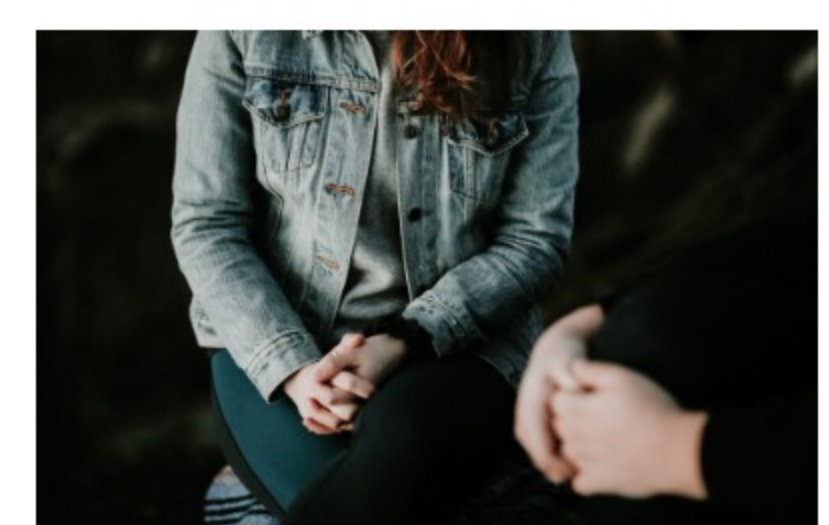
Conclusion

You should now feel more fully informed about what REBT is and what it can do for you or how it can help a loved one. Addiction and substance abuse issues are serious and can be challenging to deal with but the upside is that there is help available.

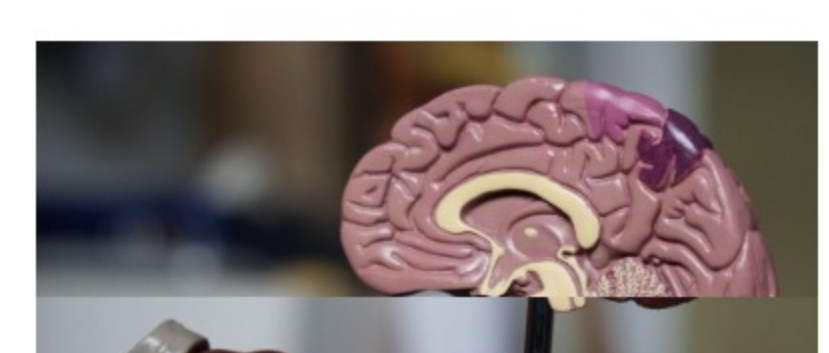
REBT may be just what you need in your life so that you can get back to living life to the fullest and not turn to drugs and alcohol as a way to cope. Instead, consider contacting an Addiction Treatment Center such as ours that can help address the root cause and guide you in achieving better and long-term health and happiness.

 Search


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

Key Resources

- Home
- Tour
- Treatment
 - Detox
 - Residential
 - Partial Hospitalization
 - Intensive Outpatient
 - Outpatient
 - Family Program
 - Aftercare Program
- Reviews
- About
- Admissions



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

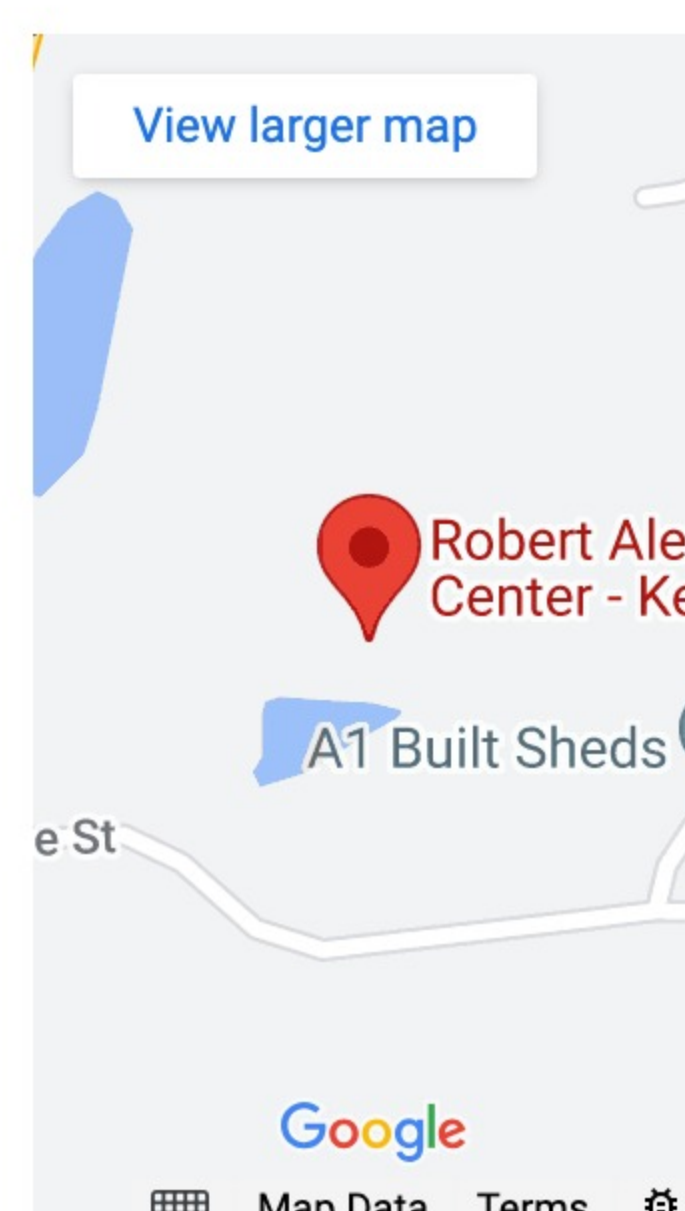
- [Home](#)
- [Tour](#)
- [About](#)
- [Admissions](#)
- [Blog](#)
- [Privacy Policy](#)

Treatment Solutions

- [Detoxification](#)
- [Residential](#)
- [Partial Hospitalization](#)
- [Outpatient Programs](#)
- [Aftercare & Alumni](#)

Get In Touch

130 Hope Street
Mount Washington,
Kentucky 40047



Addictions

- [Alcohol Abuse](#)
- [Opioid Addiction](#)
- [Heroin Addiction](#)
- [Benzo Addiction](#)
- [Cocaine Meth Addiction](#)
- [Crystal Meth Addiction](#)
- [Drug Addiction](#)
- [Alcoholism](#)

About

- [About](#)
- [Media & Videos](#)
- [Last Articles](#)
- [Careers](#)

Areas We Serve

- [Louisville, Kentucky](#)
- [Lexington, Kentucky](#)
- [Bowling Green, Kentucky](#)
- [Corbin, Kentucky](#)
- [Richmond, Kentucky](#)
- [Cincinnati, Ohio](#)
- [Nashville, Tennessee](#)

Who We Help

- [Men](#)
- [Women](#)
- [Professionals](#)
- [LGBTQIA+](#)
- [College Students](#)

Treatment Programs

- [30 Day Drug Rehab Program](#)
- [60 Day Drug Rehab Program](#)
- [90 Day Drug Rehab Program](#)