Blog

Recent Posts

How Can I Get Checked In Anonymously To An Addiction Treatment Center?
AUGUST 31, 2022 // 0 COMMENTS

What to Know Before Asking for Time Off Work for Addiction Treatment
JULY 31, 2022 // 0 COMMENTS

Intensive Outpatient Drug Treatment In Louisville
JULY 31, 2022 // 0 COMMENTS

Outpatient Drug Treatment In Louisville
JULY 31, 2022 // 0 COMMENTS

Residual and Long Term Cognitive Effects of Benzodiazepine Abuse
OCTOBER 31, 2021 // 0 COMMENTS

10 Warning Signs of Drug Addiction in College Students
OCTOBER 31, 2021 // 0 COMMENTS

What To Expect: PHP Treatment Centers For Drug Addiction
OCTOBER 31, 2021 // 0 COMMENTS

Addiction Treatment Center Supporting Corbin, Kentucky
OCTOBER 31, 2021 // 0 COMMENTS

What Is Sober Living For Addiction Recovery Like?
OCTOBER 31, 2021 // 0 COMMENTS

Newsletter

Get all latest content delivered to your email a few times a month.

Your Email... GO

Accept GDPR Terms

Dialectical Behavior Therapy For Substance Abuse Addiction Treatment

By Louisville Addiction Treatment Center

Derived from cognitive behavioral therapy (aka CBT), many of those in substance abuse addiction treatment have found a lot of effectiveness in dialectical behavior therapy (or DBT). This form of psychotherapy focused on the treatment of severe mental health issues and high-risk behaviors.

To make the differences between the two clear, DBT does not focus on managing or avoiding uncomfortable feelings, as CBT sometimes can. Rather, it aims to help patients accept and understand painful feelings as a part of life.

At Louisville Addiction Treatment Center, we have found that the DBT approach can be just as useful in treating substance abuse problems as it can when treating stress disorders, PTSD, anxiety disorders, and the like. Here's how we make use of it.

About dialectical behavior therapy

With the use of behavioral techniques and an approach to changing unhelpful thought patterns, DBT can help patients address problematic behaviors. Therapists can provide instructions for new thought techniques, which can be applied through practice. Mindfulness is one such technique taught widely as a part of the DBT approach. Mindfulness allows one to be more cognizant of the present moment, which can include being able to more effectively observe their own behavior, the thoughts and feelings driving it, and the triggers that can change it.

DBT also teaches interpersonal effectiveness, by empowering patients to better establish healthy relationships and repair those that have been damaged. This also includes equipping patients to recognize and end harmful relationships, aided by assertiveness training which can allow the better enforcement of boundaries.

DBT and Substance Abuse Addiction Treatment

DBT is already used to treat a range of disorders that are often considered co-morbid with drug abuse. Dual treatment of the addiction alongside the disorders that have a causal or dependent relationship with one another is one of the best ways to help people who are living with drug abuse.

Our experienced staff can alter DBT programs to fit substance abuse treatment, with an increased focus on abstinence as well as an awareness of triggers and how managing those triggers can help prevent a relapse in the future. Increased awareness of the negative effects of substance abuse and the triggers that lead to them makes a good case for the effectiveness of DBT as part of a larger substance abuse treatment plan.

This can lead to some of the following benefits

- Reduced substance use
- Reduced physical discomfort in response to withdrawal.
- Reduced substance-based cravings and impulsive behavior
- Better creation and enforcement of barriers and boundaries
- Management of the psychological triggers that can cause a relapse
- The chance to change one's own harmful impulses and behaviors
- Improving healthy relationships with those you care about

How we incorporate DBT in our treatments

DBT is part of how we at Louisville Addiction Treatment Center can help. We can incorporate it as a part of our various treatment plans and programs. Here are just a few of them and how they might help those looking for addiction recovery treatment.

Inpatient Treatment

After admission to our treatment center, patients can take part in both one-on-one therapy, as well as group skills training that can allow them to learn and practice the techniques necessary to improve recovery chances.

Outpatient and Intensive Outpatient programs

Staying on-site at the treatment center is not always necessary for effective treatment, however. Outpatient and intensive outpatient programs can experience the benefits of DBT sessions up to 3-7 times a week while still maintaining a daily life routine outside of the center.

Telemedicine

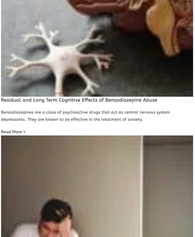
Remote access to treatment is becoming increasingly important, especially to those who face barriers such as disability or trouble with transport. Aside from therapy sessions, telemedicine can include in-the-moment advice when a patient is facing a difficult situation and needs immediate help.

Multiple Pathways Treatment

DBT can be combined with a range of different techniques as part of our multiple pathways treatment. We work with patients to help find the best program to suit their individual needs.

Dialectical behavior therapy can help those who are living with a substance abuse problem. If you want to get that help today, then you should get in touch with the Louisville Addiction Treatment Center. DBT is but one of the techniques we employ and we ensure that we work with you to find the program that best fits your needs. Take the first step by getting in touch with us and we will help you on the steps to sustainable, long-term recovery through evidence-based treatment plans.

Latest Posts



Residual and Long Term Cognitive Effects of Benzodiazepine Abuse

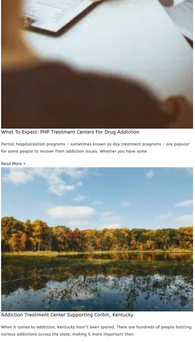
Benzodiazepines are a class of psychoactive drugs that act as central nervous system depressants. They are known to be effective in the treatment of anxiety

Read More »

10 Warning Signs of Drug Addiction in College Students

In the United States, college students have a high rate of drug use. With the rise in drug use, there has also been a rise

Read More »



What To Expect: PHP Treatment Centers For Drug Addiction

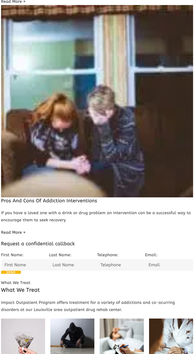
Partial hospitalization programs – sometimes known as day treatment programs – are popular for some people to recover from addiction issues. Whether you have some

Read More »

Addiction Treatment Center Supporting Corbin, Kentucky

When it comes to addiction, Kentucky hasn't been spared. There are hundreds of people battling various addictions across the state, making it more important than

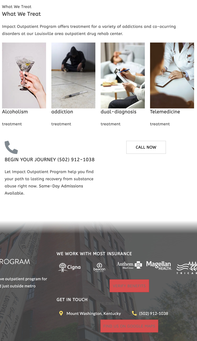
Read More »



What Is Sober Living For Addiction Recovery Like?

The journey to sobriety is not an easy one. It requires a lot of hard work and dedication. In order to make things a little

Read More »



Pros And Cons Of Addiction Interventions

If you have a loved one with a drink or drug problem an intervention can be a successful way to encourage them to seek recovery

Read More »

Request a confidential callback

First Name: Last Name: Telephone: Email:

First Name Last Name Telephone Email

SEND