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

BY LOUISVILLE ADDICTION TREATMENT CENTER

When it comes to addiction treatment, there is a range of different therapies and approaches used. The exact treatment plan for substance abuse varies from person to person to meet their individual needs and requirements. This can be via intensive inpatient treatment, undertaking treatment as an outpatient, with the support of Telemed services, or with Multiple Pathways Treatment to support sobriety.

One such therapy is Rational Emotive Behavior Therapy (REBT) for substance abuse addiction treatment.

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

In the 1950s, psychoanalysis, and behaviorism dominated psychological theory and therapy, and they continue to do so today. In the mid-1950s, Albert Ellis developed a psychological orientation known as rational emotive behavior therapy (REBT), emphasizing the importance of one's thoughts and beliefs. Ellis developed this viewpoint as a response to the prevalent therapeutic types of the time period in question. Ellis began his career in professional psychoanalysis but soon realized that the method merely addressed the surface of the client's demands and could potentially make symptoms worse. He left the profession in 1997.

One primary difference between cognitive behavioral therapy and REBT is that REBT emphasizes beliefs (including irrational beliefs) and how irrational beliefs influence people's thoughts. In contrast, cognitive-behavioral therapy (CBT) focuses on challenging cognitive distortions to mitigate maladaptive behaviors. Also addressed are secondary beliefs such as anti-awfulizing, high frustration tolerance, and self or radical acceptance of one's own actions or beliefs.

A primary goal of cognitive-behavioral therapy (CBT) is to teach people how to recognize and challenge their erroneous ideas. People can adopt more realistic expectations and aspirations, and their destructive actions and sentiments can be reduced as a result.

How Does Rational Emotive Behavior (REBT) Work?

As with other types of cognitive-behavioral therapy (CBT), a cornerstone of REBT is the notion that beliefs about a particular event influence your emotions or feelings, influencing the way you react and behave.

There is an ABC approach that is the core of the REBT model:

A – Activating event: an event that happens in the environment

B – Beliefs: the belief you have about the event that happened

C – Consequence: the emotional response to your belief

How Does REBT Aid in Addiction Recovery?

REBT focuses on changing a person's beliefs about life and their expectations. Treatment for drug or alcohol addiction involves three major approaches to dealing with the irrational thoughts and behaviors of a person addicted to drugs or alcohol. Individuals can actively change how they respond to life situations and lessen their substance usage by utilizing these approaches.

Disputing Negative Thoughts

Disputing negative thoughts is the first technique employed in REBT. This is accomplished through the challenge of negative beliefs and absolutist views. In this way, a person can combat irrational thinking and conduct in their own life.

Value On Insights

The second way is to teach someone how to place a high value on their insights. This entails assisting individuals in learning about and believing in reasonable beliefs. The greater the degree to which a person adheres to positive beliefs, the less probability they will engage in destructive activities such as substance abuse.

Acceptance

The final strategy employed in REBT is learning how to accept oneself in various situations. Embracing people, places, and things for who they are rather than for what they emphasize is this strategy. The focus is on assisting individuals to accept themselves, resulting in more positive sentiments and thoughts.
To learn more about Rational Emotive Behavior Therapy (REBT) For Substance Abuse Addiction Treatment or find an addiction center that offers REBT and get the assistance of professional inpatient services or extensive outpatient treatments, contact a specialist in this area today.

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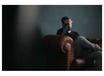

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TREATMENT

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