

COGNITIVE BEHAVIORAL THERAPY

Using Thoughts and Feelings as Catalysts for Behavioral Change

If patients can learn to be aware of their thoughts, emotions & beliefs, they can challenge negative thinking as it arises.

More Than Learning What to Change—Learning How to Change

An individual will never be told what to do in a CBT session. Instead, therapists teach patients how to do things. Patients are shown how to think and behave in ways that will help them reach their self-stated goals. Based on the scientifically supported assumption that most emotional and behavioral reactions are learned, CBT's objective is to help patients "unlearn" their unwanted reactions and to learn a new way of reacting. This educational emphasis leads to long-term results. As patients understand how and why they are improving, they continue to develop skills that will help them face future issues and continue to make positive changes.



Atlanta | Santa Monica | Memphis | Malibu
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CBT is such a valuable tool because it teaches an individual to self-correct.

Awareness, Self-Correction and Positive Change

CBT is another type of "talk" therapy. Based on the psychological principles of behaviorism and theories of cognition and understanding, it is a variation of behavior therapy. So often we believe that our thoughts and behaviors are out of our control, and if the cause of those thoughts and behaviors

was something external, then that might be true. Through CBT, therapists use a direct, straightforward approach to show their patients how to think and behave in ways to obtain what they want. They do this not through instruction from a teacher to a student; instead, they help patients discover how thinking different thoughts can lead to more desirable feelings and behaviors.

Attributes of CBT

- CBT is fast-working. CBT is actually considered among the most rapid in terms of results seen. This is due in part to the fact that it is highly instructive and makes use of practical homework assignments.
- CBT is not open-ended. There is an end point to this type of treatment, which means an individual may have as few as 16 sessions before completing CBT.
- CBT is collaborative. The therapist and the patient work together to determine what the patient wants out of life, and then they work together to achieve those goals. The therapist's role is to listen, teach and encourage, while the patient's role is to express concerns, learn and practice new skills.
- CBT is not stoic. Those undergoing CBT aren't told how they should feel. Instead, they are encouraged to calmly accept the negative situations so they are in a better position to use their resources to resolve problems instead of being upset by them.

CBT encourages questioning. Patients are encouraged to question themselves in order to determine if distorted ideas are negatively affecting their lives.

About Foundations Recovery Network

Foundations Recovery Network is recognized as the premier leader in integrated treatment for co-occurring addiction and mental health concerns. Our award-winning model combines evidence-based addiction treatment with innovative therapies for emotional and mental health to address a Dual Diagnosis effectively. Results demonstrate that FRN patients are twice as likely to maintain sobriety one year post-treatment as compared those who attend traditional programs.

Using CBT in Addiction Treatment

In addiction treatment, CBT is helpful in confronting the barriers to recovery. Many addicted individuals will say they genuinely want to change their addictive behavior, but they still find themselves unable to do so. By recording thoughts and associated feelings,



along with the events that trigger those thoughts and feelings and the behavior that is exhibited as a result, they can begin to change the automatic processes that sabotage their recovery efforts. Foundations Recovery Network utilizes CBT at our inpatient and outpatient programs to empower our patients to reach their goals and maintain long-term recovery.

