

# Cognitive Behavioral Therapy for Substance Abuse

Into Action Treatment, a Florida drug rehab, offers cognitive behavioral therapy for substance abuse treatment. Also known as CBT and exposure therapy, cognitive behavioral therapy is a method that helps patients examine and address their thought processes and responses. Through this therapy clients are able to modify their feelings and actions, which allows them to break free from addiction. CBT is an important part of the rehabilitation process for recovering drug addicts and alcoholics. Our therapists are skilled in this type of treatment, and they incorporate CBT along with other therapy types to help clients heal all the underlying causes of their addiction.

## How Cognitive Behavioral Therapy for Substance Abuse Works

Into Action Treatment uses CBT and exposure therapy as a way to teach patients an alternative method of coping with feelings of anxiety without turning to drug or alcohol abuse.

Exposure therapy is the process of gradually introducing patients to increasing levels of exposure to stimuli and situations that cause them to have anxious or undesired feelings. The difference is that under CBT, this is done in a safe and controlled environment. Over time, patients will be able to effectively and positively manage situations that once caused them to turn to drugs or alcohol.

For an example we'll use a person with the fear of spiders. At first, the level of exposure might be to show the patient a picture of a spider. Then later, after the patient can cope with a picture, the exposure level might be a video clip. This

process continues upward until the patient might even be able to handle physical contact with a spider. This is only an example, but it serves to illustrate the building-block approach to anxiety management.

## How CBT for Addiction Applies to Rehabilitation

Recovering alcoholics or drug users may skim the surface of the rehabilitation process, but if they do not change the thought processes that drive their negative behaviors, the likelihood of a relapse is increased greatly. This is where CBT for addiction comes in. Combining CBT and exposure therapy, along with traditional forms of rehabilitation, allows Into Action Treatment to offer patients numerous tools for coping with the underlying issues causing their addictions. We tackle the factors behind the abuse – not just the abuse itself.

Into Action Treatment offers a full continuum of care. We provide treatment for drug and alcohol abuse through different [addiction therapy](#) models. We use [evidence-based therapy](#) methods that are based on scientific research and have been tested in actual clinical settings. We incorporate a holistic approach to recovery because we believe it is important for patients in recovery to develop healthy practices throughout their lives.

**In addition to Cognitive Behavioral Therapy, Into Action uses different therapy methods, including:**

- [Addiction therapy](#)
- [Substance abuse group therapy](#)
- [Hypnotherapy for addiction](#)
- [Art therapy for addiction](#)
- [Trauma resolution therapy](#)

- Rebt therapy
- Individual therapy
- Cognitive restructuring therapy
- Evidence based therapy
- Narrative medical therapy
- Psycho-educational therapy
- Disease model therapy
- Massage therapy
- Psychodrama therapy
- Vibroacoustic therapy
- Harmonial therapy

To learn more about Into Action or any of our therapies, contact us today.

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