

Dialectical Behavior Therapy For Alcohol Addiction Treatment

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DBT is a type of cognitive-behavioral therapy originally developed to treat borderline personality disorder. In this blog post, we will discuss what DBT is and how it can be used to treat alcohol addiction.

What Is Dialectical Behavior Therapy?

Dialectical Behavior Therapy (DBT) is a type of cognitive-behavioral therapy originally developed to treat borderline personality disorder. However, it has since been found to be effective in the treatment of other mental health disorders, such as depression, anxiety, and eating disorders. DBT focuses on helping people change their thinking and behavior patterns to improve their overall functioning.

DBT consists of four main components: individual therapy, group skills training, phone coaching, and homework assignments. Individual therapy is focused on helping the person identify and change self-destructive behaviors. Group skills training helps the person learn new coping and problem-solving skills. Phone coaching provides support and guidance between sessions. Finally, homework assignments are designed to help the person practice what they have learned in therapy.

DBT has two main modes of treatment: standard DBT and comprehensive DBT. Standard DBT is the basic form of treatment, and it includes all four of the components mentioned above. Comprehensive DBT adds on an additional component: team consultation meetings. These meetings are designed to help the therapist, and other team members evaluate the person's progress and make any necessary changes to the treatment plan.

How Is Dialectical Behavior Therapy Used To Treat Alcohol Addiction?

DBT is used to treat alcohol addiction by helping the person change their thinking and behavior patterns. The goal of DBT is to help the person develop a more balanced view of themselves and their life circumstances. This includes learning how to cope with difficult emotions, solving problems in more effective ways, and developing healthier relationships.

DBT has been shown to be an effective treatment for alcohol addiction. It can help people reduce their drinking, achieve abstinence from alcohol, and improve their overall quality of life.

If you or someone you know is struggling with alcohol addiction, consider seeking out a DBT therapist to help them on the road to recovery.

What Are The Benefits Of Dialectical Behavior Therapy?

There are many benefits of Dialectical Behavior Therapy, including:

- Help people reduce their drinking and achieve abstinence from alcohol.
- Improve their overall quality of life.
- Help develop a more balanced view of themselves and their life circumstances.
- Learn to cope with difficult emotions in more effective ways.
- Find ways to solve problems in more effective ways.
- Learn to develop healthier relationships.

If you or someone you know is struggling with alcohol addiction, consider seeking out a DBT therapist to help them on the road to recovery.

What Are The Drawbacks Of Dialectical Behavior Therapy?

There are some drawbacks to Dialectical Behavior Therapy, including:

- Requires a significant time commitment.
- May not be covered by insurance.
- May not be available in all areas.
- Some people may find it difficult to engage in the therapy process.

If you are considering DBT for alcohol addiction treatment, be sure to weigh the pros and cons carefully before deciding.

Why Choose Findlay Recovery?

At Findlay Recovery, we offer a comprehensive approach to alcohol addiction treatment that includes Dialectical Behavior Therapy. We believe that this therapy can be an important part of recovery for many people. In addition, we offer a variety of other therapies and services, all of which are designed to help our clients achieve long-term sobriety. If you or someone you know is struggling with alcohol addiction, please contact us today to learn more about our program.

We believe that Dialectical Behavior Therapy can be an important tool in recovery, and we are committed to offering this therapy to our clients.

We Help With Drug Addiction Too

At Findlay, we don't just treat alcohol addiction; we also help those addicted to drugs. We understand that addiction is a complex problem, and we tailor our drug addiction treatment programs to each individual.

Our team of experts will work with you to create a customized treatment plan that meets your unique needs. We know that no two people are the same, and we believe that your treatment should be as unique as you are. If you're struggling with addiction, we want to help. Our friendly and open staff is here to support you on your journey to recovery. Contact us today to learn more about our treatment programs. We can't wait to help you take the first step towards a better life.

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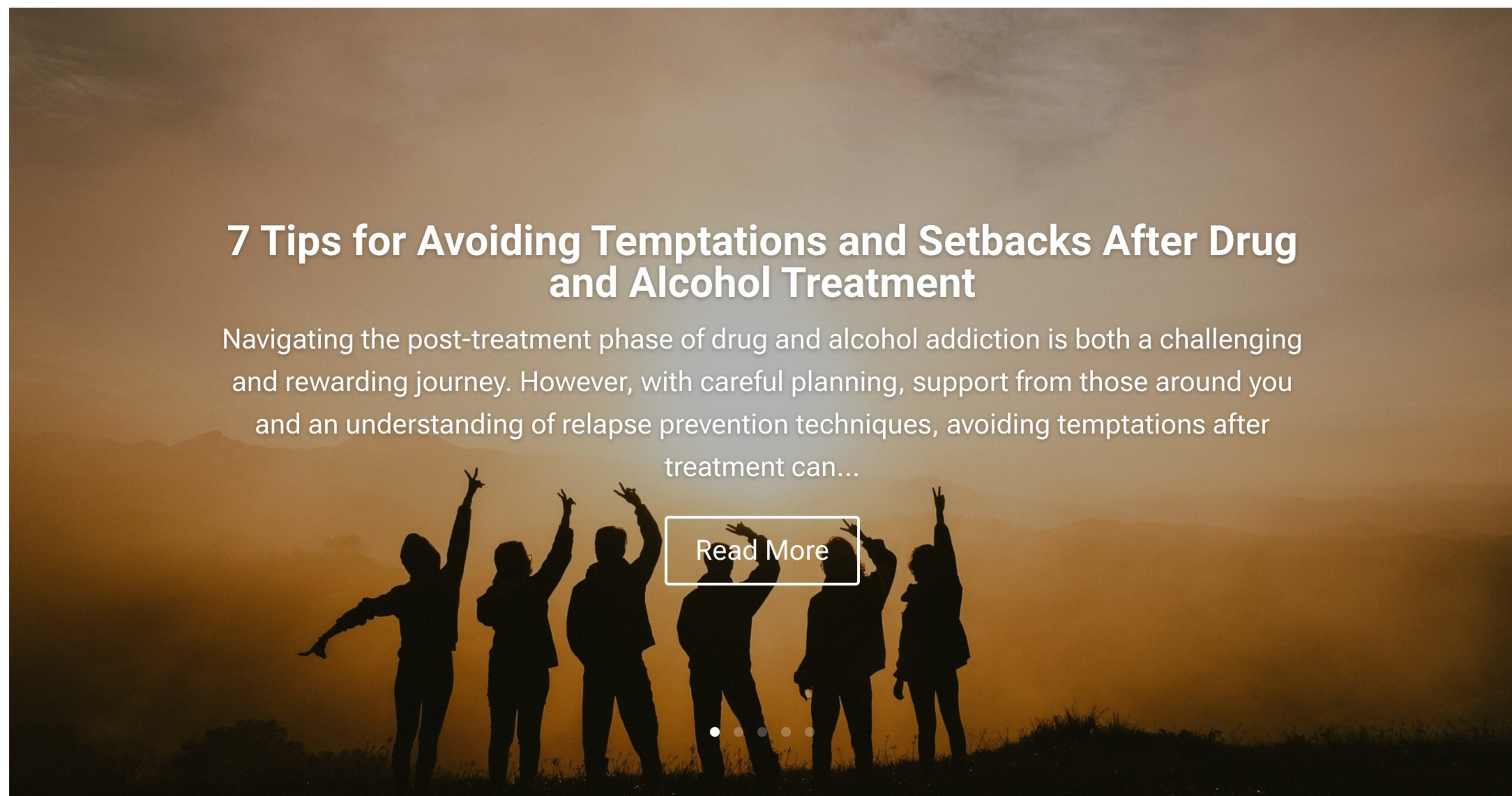
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Pick up the phone, fill out a form or chat with us below to get started on your free consultation and treatment assessment.



Complete Pre-Assessment

Once you reach a Findlay Recovery Center treatment coordinator, we will do a simple pre-assessment to make sure we're a good fit for you.



Plan Travel & Admit

Our caring treatment advisors will help plan travel & anything else you need before you enter our drug rehab program in Ohio!

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Contact Details

1800 Manor Hill Road
Findlay, Ohio 45840

1-855-605-2135



Hours of Operation

About Our Company

Findlay Recovery Center is a drug & alcohol treatment center in Findlay, Ohio that offers evidence-based, detoxification and residential inpatient treatment at an affordable rate.



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