

Dialectical Behavior Therapy For Substance Abuse Addiction Treatment

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Learn how to use dialectical behavior therapy for substance abuse addiction treatment. As Findlay Recovery Center's dialectical behavior therapy. You can find us in Findlay, Ohio and we offer unique and tailor-made treatment programs for substance abuse for each of our clients. We believe that everybody has the ability to recover from addiction, and all they need to do is reach out to us to ask for help.

We offer unique treatment plans for our clients that are handcrafted by our bank of experts. We have a range of doctors, nurses, therapists and support workers that are there to help you. Addiction may be overwhelming, but it doesn't have to be overcome alone. No matter how bad things can seem, there are always therapies and treatments to help. In this article, we are going to explore dialectical behavior therapy for substance abuse addiction treatment.

What Is Dialectical Behavioral Therapy?

This particular behavioral therapy is a type of counseling that is acceptance based. It's one of the branches of CBT, and takes inspiration from cognitive behavioral therapy in the way that it is delivered. There are four key modules of dialectical behavioral therapy and these include the following:

Mindfulness

You will be learning how to live in the moment when you go through dialectical behavior therapy because the first module is mindfulness. You'll be taught not to look too far ahead, and start to look at the day in question. Addiction doesn't have to be a mountain that's hard to climb – and you will learn this quickly with dialectical behavioral therapy.

Distress Tolerance

The next module teaches you how to learn healthy coping skills. You will need things in your arsenal to be able to manage difficult situations – and as you know, there are plenty of those when you are addicted to substances.

Emotion Regulation

The emotions that come with moving through addiction treatment are intense. We believe that the third module of dialectical behavioral therapy for substance abuse addiction treatment is one of the most important. When your emotions on hormones are compromised by substance abuse, you have to be able to manage this. You will learn supportive emotional regulation skills as part of this module.

Interpersonal Effectiveness

The final module involves learning how to maintain healthy boundaries. This is so important in recovery for substance-abuse addiction. You also learn the strategies that you will need to resolve conflicts through your relationships in a healthy and structured way.

What Does Dialectical Behavioral Therapy Treat?

Addiction aside, dialectical behavioral therapy is helpful for a range of psychiatric conditions. It helps both adults and adolescents, and whether you are dealing with things like ADHD or substance use disorders, physical depression or bipolar disorders, dialectical behavioral therapy is going to help. This list is not exhaustive, it can help with so much more. Over time, this branch of therapy has been used to reduce obsessive behavior and alleviate the physical discomfort that comes along with addiction withdrawal.

It's there to help you to aid your life in a way that is healthier in recovery, and embraces sobriety. Areas of dialectical behavioral therapy for addiction include increasing awareness of managing your impulsivity and identifying goals that are achievable for you. Your sobriety is important, and dialectical behavioral therapy can help.

How Does Dialectical Behavioral Therapy Work?

While it's a form of talk therapy, dialectical behavioral therapy works on a weekly basis. It can be there for as long as you need including if you need to be on this branch of therapy for years. If you have suicidal inclinations, or your mind and body are struggling to connect, dialectical behavioural therapy can work to bring those things to a close. You will feel better for them, so ask us about that today.

Talk to Findlay Recovery Center

Don't deal with your addiction alone. If you or your loved one is seeking treatment for any kind of addiction, you should [speak to our experts today](#). You can learn to overcome your addiction, and if the program is not right for you we will help you to find one that will be. We believe in you, and if you are ready to start this process and get help, our affordable drug and alcohol rehab center is here to help you with a tailor-made approach.

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Get In Touch With Us Today

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.

Who We Are	Dual Diagnosis	Areas We Serve	Addiction Treatment	Who We Help
Tour Facility	Depression	Arkon	Alcohol	Men
Video & Media	Anxiety	Cleveland	Cocaine	Women
Lastest Articles	PTSD	Columbus	Opioids	Professionals
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