

Rational Emotive Behavior Therapy (REBT) For Alcohol Addiction Treatment

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At Findlay Recovery Center, we understand that every person has the ability to overcome their addiction. For alcohol addiction treatment specifically, we offer therapies such as rational emotive behavior therapy. We believe that everybody has the ability to maintain sobriety and overcome their addiction – all they must do is ask.

When somebody works hard to overcome addiction to alcohol, they realize that there are two fundamental steps that they must take. The first is to get help from a specialist to detox safely. The second is to receive therapeutic treatment within a customized program to ensure that they are able to move through the addiction, the withdrawal and get the help and support that they need.

Recovering alcoholics have a very strong desire to achieve something after recovery, and the situation can trigger cravings if they are not receiving support or achieving the thing that they would like to achieve. This is where rational emotive behavior therapy can step in.

What is Rational Emotive Behavior Therapy?

This method of emotive behavior therapy is actually a branch of cognitive behavioral therapy. It's a placement of the same approaches, listening to examine the root cause of addiction and behavior, and in this form of psychotherapy a therapist will be able to help you to focus on the now. It helps you to examine any current emotional stress you may be feeling, and it helps you to examine your unhealthy behavior and how to overcome them. By focusing on right now, you can feel more hopeful towards your recovery and being able to live a life in the now after recovery.

Rational emotive behavior therapy works towards breaking down irrational or false beliefs that have become your reason for using drugs or alcohol. Here are the steps that are used:

Detect

With your therapist, you will be able to detect certain thoughts or feelings that have led you to your addiction.

Debate

Next, the thought will be compared with a different point of you and you will debate this with your therapist. Once you compare your thoughts on an unbiased level, you can get a better idea of the situation as a whole.

Decide

Lastly, once beliefs have been broken down you have to decide whether they are correct or not. The best way to do this is to consider the consequences of that belief – as in, alcoholism.

This is an effective therapy tool to help you to accept yourself and others and the world around you. Your therapist will work with you to determine and show you your feelings and your thinking pattern to determine whether your thoughts are rational, or whether it's your addiction.

You will then be able to challenge your negative approach to your stress which is usually triggering your alcoholism, and instead of turning to alcohol to alleviate the stresses, you will learn other coping options that are less destructive for you and your family. It does not need to be suppressed, managed, or judged, just supported.

During detox, you'll be able to rely on this type of therapy to help you to straighten what's going on in your mind and unravel a tangle of negative thinking. While rational emotive behavior therapy may not be for everybody for alcohol addiction treatment, it is an effective therapy method that you could benefit from which targeted treatment planning with us. You need to be able to examine why you are addicted to alcohol as much as you are addicted to the substance itself.

If you could face your reasons for turning to alcohol in the first place, you can start to untangle all of the knots that have been caused over the course of your life to lead you to this space you are in right now.

Reach Out to Findlay Recovery Center

If you or your loved ones are seeking treatment for addiction and you would like to know the steps to overcoming addiction in your own home, reach out to us today. Our goal is to help anybody who contacts us because we believe in you. If you are ready to get help then we are ready to help you and support you through this process.

We won't tell you it's going to be easy. Our affordable drug and alcohol rehab center in Ohio is here to help you with tailor-made treatment plans for substance abuse.

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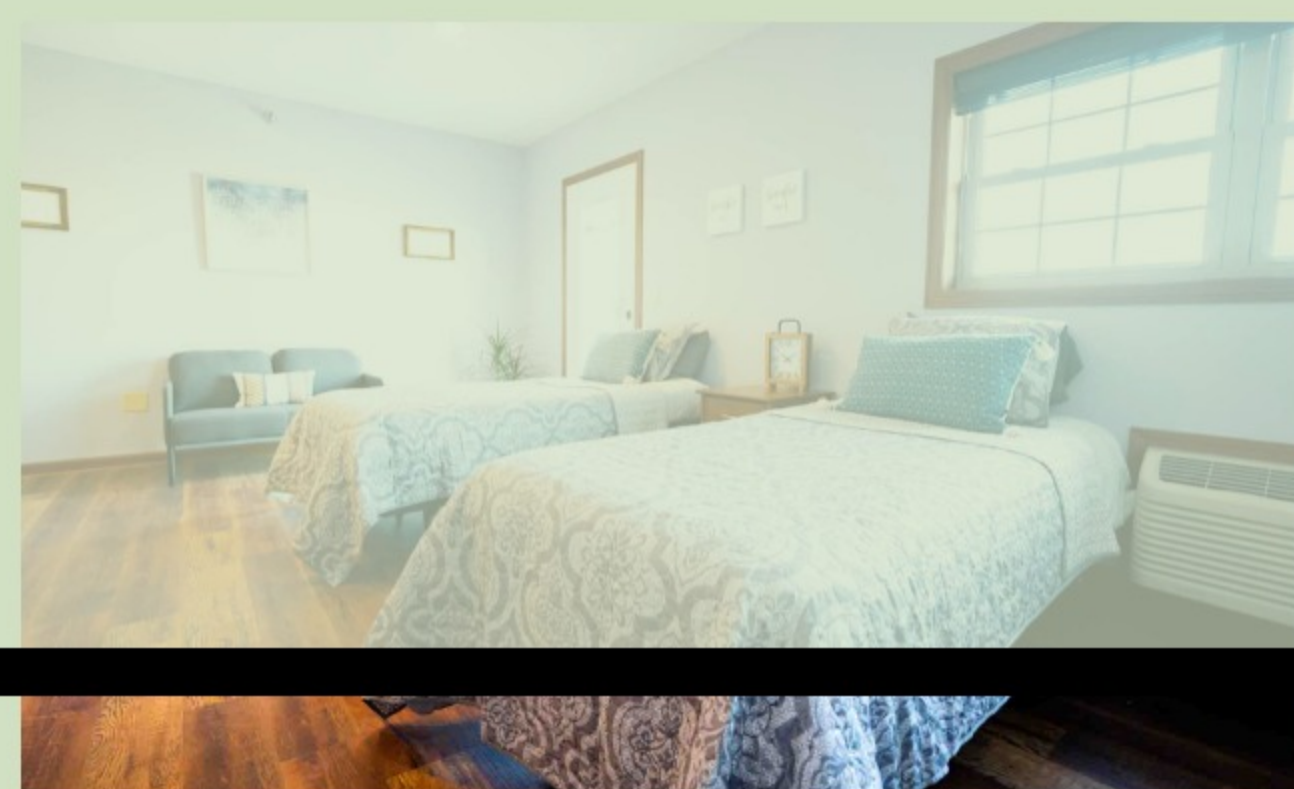
Get In Touch With Us Today

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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Site Map

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Who We Are

Treatment Services

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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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