



# Behavioral Therapy

**Find addiction treatment help  
today at Red Oak Recovery!**

**866.457.7590**

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When seeking addiction help, you can choose from many treatment methods. While no two people are the same, some treatments work better on some than others. One example is behavioral therapy. Let's explore how this type of counseling can help you conquer addiction.

At Red Oak Recovery, we're proud to provide a wide array of therapeutic options for our clients. With a combination of evidence-based and holistic treatment options, we give the men we treat the tools to stay drug-and-alcohol-free even after leaving our treatment center. We tailor each of our treatments to the unique needs of our clients. Red Oak Recovery is here to support your recovery. With our help, you can begin the next chapter of your life, free from drugs or alcohol. To learn more about how behavioral therapy supports recovery from drugs and alcohol, please contact Red Oak Recovery today at [866.457.7590](tel:866.457.7590) or using our convenient online form.

## What Is Behavioral Therapy?

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First, it's important to note that behavioral therapy is an umbrella term that includes a number of therapies. While these strategies differ slightly, they all focus on changing self-destructive behavior. Overall, experts believe that eliminating negative behavior makes room for positivity.

Of course, knowing the concept behind behavior therapy is only the start. The techniques that fall under this umbrella term include:

- Cognitive behavior therapy
- Cognitive behavior play therapy
- Dialectical behavior therapy
- System desensitization

To learn about the behavioral therapy options available at Red Oak Recovery, please contact our treatment team today.



## What Is Cognitive Behavior Therapy?

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Unlike other forms of behavior therapy, cognitive behavior therapy (CBT) focuses more on people's beliefs and thoughts. The idea is that these elements influence behavior. Therefore, replacing negative thoughts with positive ones helps replace negative behavior.

During CBT, therapists help set long-term goals and focus on solving current problems or irrational thoughts. For example, some people think that everyone hates them. However, the idea that everyone hates them is irrational because they haven't met everyone.

**HOW EFFECTIVE IS COGNITIVE-BEHAVIORAL THERAPY?**

- ACCORDING TO A STUDY PUBLISHED IN THE JOURNAL OF BEHAVIORAL HEALTH SERVICES & RESEARCH, COGNITIVE-BEHAVIORAL THERAPY CAN BRING RATES OF DEPRESSION DOWN FROM 20% TO 10% IN MEN.
- THE SAME STUDY SUGGESTED THAT THIS TREATMENT CAN BRING RATES OF ANXIETY DOWN FROM 23% TO 12%.
- IT CAN ALSO SIGNIFICANTLY RAISE LEVELS OF SELF-ESTEEM, SELF-COMPETENCE, AND SELF-LIKING.

COGNITIVE-BEHAVIORAL THERAPY IS ONE OF THE METHODS OF BEHAVIORAL THERAPY WE USE AT RED OAK RECOVERY. WITH THIS THERAPY, THE MEN WE SUPPORT LEARN THE TOOLS TO IDENTIFY NEGATIVE PATTERNS IN THEIR LIVES AND TRANSFORM THEIR MIND-HEALTH INTO POSITIVE ACTIONS. TO LEARN MORE COGNITIVE-BEHAVIORAL THERAPY CAN SUPPORT YOUR RECOVERY, PLEASE CONTACT RED OAK RECOVERY TODAY AT 888.487.3344.

**RED OAK RECOVERY**

However, CBPT isn't just for kids. Sometimes therapists use it for adults as well. They believe they can learn the same information while watching adults draw pictures. In either case, this counseling strategy is perfect for people who have trouble communicating.



## Dialectical Behavior Therapy

An offshoot of cognitive-behavioral therapy is dialectical behavior therapy. This treatment is an integral part of our treatment programs at Red Oak Recovery. Through this therapeutic method, we work to teach our clients a range of skills, including:

### Regulating emotions

One of the life skills most adults require is how to regulate emotions in a healthy way. When our clients recognize and cope with a range of intense emotions, it reduces their vulnerability and allows them to process their emotions.

## What Is Cognitive Behavioral Play Therapy?

Often, therapists use cognitive behavioral play therapy (CBPT) for children. During this type of counseling, therapists watch children play. Thus, they gain significant insight into the problems that kids feel uncomfortable talking about, particularly if they don't know the therapist well.

## Developing healthier coping mechanisms to address stress

When someone is battling an addiction, they often use substances to deal with stress. An integral part of dialectical behavior therapy is learning how to cope with stress in a healthier way, such as through exercise or talking out your challenges.

## Practicing mindfulness and living in the moment

Mindfulness allows our clients to focus on healthy coping mechanisms when they face emotional turmoil. It also allows you to avoid negative thought patterns and impulses.

## Improving their relationships with the people around them

During recovery, it's critical to be able to stand up for your needs while also maintaining healthy relationships. Dialectical behavior therapy assists in this goal.



## System Desensitization

Systemic desensitization offers treatment for PTSD, anxiety, and substance abuse. During the first part of treatment, our clients learn muscle relaxation techniques to use when they're facing their fears. Once they've learned these strategies, they can begin listing their fears and expose themselves to those fears.

Through system desensitization, the goal is to help the client overcome their fears and phobias as they replace anxiety and fears with feelings of calm. With our help, our clients will be able to focus on their relaxation as they face each fear, allowing them to manage their distress in the future. It can be frightening to address fears on your own. However, when you engage in treatment at Red Oak Recovery, you're not alone in your journey to recovery.



**CAN DIALECTICAL BEHAVIOR THERAPY IMPROVE MENTAL HEALTH?**

A recent study involved **77** participants who suffered from self-harm and/or suicidal thoughts and participated in dialectical behavior therapy. After **three years**, researchers followed up. All participants could be traced, and **none of them had committed suicide.**

In the same study, self-harm episodes were **reduced by more than 68%.**

Study participants also reported a **significant drop in depression symptoms.**

Many people who use substances may also be facing struggles with self-harm, suicidal thoughts or actions, and other recurring mental health concerns. Fortunately, through behavioral therapy options, such as **dialectical behavior therapy**, it is possible to manage and reduce these symptoms. As a result, many participants are able to **live happier and healthier lives.**

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Source: [https://www.recovery.com/wp-content/uploads/2020/06/8114Behavioral.pdf?amp;utm\\_source=red-oak-recovery](https://www.recovery.com/wp-content/uploads/2020/06/8114Behavioral.pdf?amp;utm_source=red-oak-recovery)

In most cases, people don't just use chemical substances for fun. Typically, they do it to combat underlying problems or as a result of unhealthy behaviors. Fortunately, behavior therapy can help them replace the negative behaviors and ideas that lead to substance use. This is an important part of nearly all addiction rehab programs.

Simply treating addiction isn't enough, however. It's important for rehab centers to also address problems that initially lead to addiction. Failing to address underlying problems can cause a future relapse.

Behavior therapy works well for people of all ages. However, young adults seem to have the quickest results. Experts say that it works better for them because it's easier to reprogram their way of thinking.

## What's the Link Between Behavior Therapy and Addiction?

Behavioral therapy helps with many problems. Experts use it to combat bulimia, anxiety disorders, depression, and anger control problems. However, it most commonly treats substance use.

## What Other Treatment Options Are Available?

At Red Oak Recovery, we're proud to provide a wide array of treatment options, all of which we can tailor to the needs of the client. We provide a variety of holistic and evidence-based treatment options. Behavioral therapy is one of our many evidence-based treatment options. However,

we also offer a range of additional treatments, including:

- Individual therapy
- Group therapy
- Family therapy
- Trauma therapy
- Psychotherapy

At Red Oak Recovery, we tailor our client's treatments to their unique challenges. With the help of our master's level clinicians, we provide the support our clients need to put substance abuse in the past.

## Red Oak Recovery Can Help You Overcome Addiction

Addiction causes serious problems for young adults all over the United States. At Red Oak Recovery in Asheville, North Carolina, we make it our mission to help you overcome addiction quickly and safely. With the use of methods such as psychotherapy, we can get to the root cause of addictive behavior. The different addiction treatment programs we offer include:

- Gender-specific substance use treatment
- Partial hospitalization and outpatient young adult rehab programs

- Holistic treatment
- Family therapy program

Red Oak Recovery helps men over the age of 18. Our gender-separated addiction therapy services allow us to focus on catering to everyone's needs. Additionally, this makes it easier for people to open up about their problems without members of the opposite sex present. Our team offers the support and understanding that our clients need to put their addiction in the past. Please don't live another day at the mercy of your addiction. Find out how the right rehab center can make all the difference. Reach out to Red Oak Recovery today at [866.457.7590](tel:866.457.7590) or use our contact form.

Recieve the Red Oak Experience Today!

CALL NOW AT 866.457.7590

CONTACT US ONLINE

