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*by* J B

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**CBT for Addiction**

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## **CBT for Addiction**

### **Question 1**

I believe cognitive-behavioral therapy is one of the best ways of treating addiction. When applied in the treatment of many forms of addiction, it becomes successful, more so the drug addiction. I agree people usually engage in substance abuse and turn into addiction because of negative thoughts due to the environments they get exposed to. In turn, the negative thoughts consequently make the addicts develop misconceptions and internalized feelings doubting their self-worth by fearing they cannot achieve any positive success in their lives (Juergens, 2021). The feeling makes addicts feel useless and worthless that they see no value in life, only finding peace in substance abuse.

Therefore, while treating addiction patients, cognitive-behavioral therapists make their patients determine and understand the causal agent's negative thoughts about their addiction. By so doing, the patients learn how to replace the negative thought with a positive one. Within a certain period, patients can start involving themselves in positive activities that bring a better perception of life. Cognitive-behavioral therapy helps patients with addiction by helping dismiss the falsehood in their beliefs and thinking leading to addiction (Juergens, 2021). Similarly, CBT provides addiction patients with self-help tools to effectively communicate and come out of addiction (Juergens, 2021). In my opinion, cognitive-behavioral therapy is a successful therapy for people suffering from any form of addiction. Once a patient is made to understand the reason for their addiction, they are then put through healing. Therefore, the process of healing requires cognitive-behavioral therapists to assist patients in determining a positive path to follow, walk through the path, and within a period, they become better members of society again.

## Question 2

When holding a session with patients suffering from addiction using cognitive behavioral therapy, I employ the 20/20/20 rule to achieve the best results that will lead me to my target as a therapist. This means the whole session will take 60 minutes. The 20/20/20 CBT rule ensures that the therapists achieve an integration of manual which is patient-centered with the main focus of allowing the patient to understand the role and importance of the therapy and at the same time can understand why the patients found themselves to addiction (Larson et al., 2009). In the whole session of 60 minutes, I would divide it into three parts comprising twenty minutes each. In the whole session, I will ensure that the process is patient-driven to allow the patient to feel free to share their addiction stories with me as a therapist.

In the first 20 minutes, I will focus on allowing the patient to narrate their journey with substance abuse, their craving level for the drug in the past one week, and, if under therapy, their experience with the CBT mode of treatment. Besides, during the second 20 minutes, I will explain to the patient the importance of staying healthy and avoiding triggers. Concerning the patients already on CBT, I will teach the patient a new skill to help achieve wellness. Moreover, in the final 20 minutes of the session, I agree with the patient on what we shall cover together in the next session of the therapy. Larson et al. (2009) noted that the 20/20/20 CBT rule is patient-friendly that helps patients achieve wellness, not through coercion but the mutual agreement between the patient and the therapist. The 20/20/20 CBT rule focuses on listening to the patient's concerns about the therapy process, relating the current topic of discussion with the patient's concerns, and assigning the next exercise with the patient concerning his or her addiction situation.

### Question 3

During the 20/20/20 CBT rule sessions, there is a high risk of relapse in addiction patients, which requires the therapist to be vigilant and closely study every patient he or she handles to avoid going back to the addiction life. The therapist must be well aware that the physical, mental, and emotional stages of relapse are challenges in therapy that gradually happen to the patient. Therefore, it is a process and not an event (Carrol & Kiluk, 2021). Because it is a process, it is thus important for the therapist to guide the patient during the 20/20/20 CBT rule sessions to avoid any form of relapse by closely monitoring and assessing their progress towards the therapy.

Additionally, during the first 20 minutes of the 20/20/20 CBT rule sessions, a therapist is required to allow patient to talk about his/her progress and concerns about the process of CBT being worked on them. This means that through the patient's submission, as a therapist, I will determine by psychologically analyzing the possibility of the patient stepping back to addiction. The relapse stages can be prevented when the therapist informs the patient that fears of not achieving wellness should be avoided at all cost, helping them redefine fun, know that it is okay to feel uncomfortable, and learn from setbacks during the therapy (Carrol & Kiluk, 2021). Therefore, after determining the setbacks of drawing my patient from achieving wellness in the first 20 minutes of the session, I will explain to him or her the importance of avoiding the temptation to relapse to addiction to achieve wellness. In this part of the session, I will explain that all the challenges they face during the therapy process are normal. Therefore I will help find other better means of achieving fun than the negative ones they might be thinking of.

### References

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