

Cognitive-Behavioral Therapy

Taken from the book Learning the Language of Addiction Counseling, Second Edition, page 29 by Geri Miller

“This form of therapy focuses on the client’s faulty thinking. It is this faulty thinking that impacts feelings and behaviors negatively.”

“One form of this therapy is rational emotive behavior therapy (REBT)...This form uses an ABC model to intervene on the client’s cognitive distortions that result in upset feelings and maladaptive behaviors:

A is the activating event

B is the belief

C is the emotional and behavioral consequence”

“It is B that is seen as primarily causing the reactions in the individual. Focus on the beliefs of the individual to determine the cause of the individual’s problems and therein the solution for the problem. Examining irrational beliefs, doing homework, keeping a record of thoughts and behaviors, and role playing are some techniques used in this approach.”

“This theory of counseling ... fits well with the addiction field because many clients deal with negative thinking in terms of themselves and their recovery process. You can readily use homework, record keeping, and role playing to help the client learn to identify negative thoughts and respond to them differently. Assisting clients in identifying their commonly held irrational beliefs or distortions and identifying their commonly held irrational beliefs or distortions and identifying their defense mechanisms helps identify a clinical focus and treatment intervention plan.”