

BEHAVIORAL COUPLES THERAPY (BCT)

WHAT IS BEHAVIORAL COUPLES THERAPY?

Behavioral Couples Therapy (or “BCT”) is designed for couples who are married or have been living together for at least one year. This couples-based therapy is attended by both partners and helps you make changes in substance use while also working to improve your relationship satisfaction.

WHAT WILL I DO IN BCT?

During treatment, you commit to daily goals and your partner commits to supporting you in achieving your goals. You and your partner will also work together to increase the number of activities you do together. You and your spouse will learn communication skills and will practice them together with your therapist. You will learn and practice other new skills both in session and outside of session and you will provide feedback to your therapist on your progress.

HOW LONG DOES BCT TAKE?

BCT usually lasts 12-20 sessions over a 3-6 month period, though the actual length is determined by you and your therapist.

HOW OFTEN WOULD I MEET WITH MY THERAPIST?

Sessions are usually provided on a weekly basis.

WHAT ARE THE RISKS OF BCT?

You may feel discomfort when talking about difficult issues that you are currently facing in your life.

HOW EFFECTIVE IS BCT?

Consistent research has shown BCT to be effective in reducing use of alcohol and other drugs, and in improving relationship satisfaction. Research has found that some married people, or people who live together, have better outcomes after participating in BCT than people who participate in individual treatment for substance use.