

# COGNITIVE BEHAVIORAL THERAPY FOR SUBSTANCE USE DISORDERS (CBT-SUD)

## WHAT IS COGNITIVE BEHAVIORAL THERAPY FOR SUBSTANCE USE DISORDERS?

Cognitive Behavioral Therapy for Substance Use Disorders (or “CBT-SUD”) is an evidence-based “talk therapy” that addresses substance use disorders and problems related to substance use. CBT-SUD teaches proven strategies for making changes in substance use. This includes learning specific skills for changing thoughts and behaviors that can lead to substance use.

## WHAT WILL I DO IN CBT-SUD?

You and your therapist will work together to develop goals that will guide treatment. You will learn specific strategies to help you meet your treatment goals. These strategies may include:

- Managing cravings and urges to use substances
- Refusing alcohol or other drugs
- Managing your mood
- Receiving social and recreational counseling
- Getting support for sobriety
- Developing effective listening skills
- Learning problem solving skills

## HOW LONG DOES CBT-SUD TAKE?

CBT-SUD usually lasts 12 sessions, though the actual length is determined by you and your therapist.

## HOW OFTEN WOULD I MEET WITH MY THERAPIST?

Each session lasts about an hour. Individuals are usually seen every week.

## WHAT ARE THE RISKS OF CBT-SUD?

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

## HOW EFFECTIVE IS CBT-SUD?

Many years of research have shown CBT-SUD to be effective in treating alcohol, stimulant, and cannabis use disorders. And, it is recommended by experts.