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.