

# What Is Evidence-based Treatment for Addiction?

by Manny | Oct 19, 2021 | Addiction Treatment | 0 comments



If you are seeking [help for addiction](#) for yourself or your loved one, it is important to pick a therapeutic environment that not only meets your physical needs and standards but one that can affect real change in your mental health and addiction-related behaviors and thoughts.

Through the Impact Wellness Network, our group of addiction treatment centers utilizes multiple evidence-based therapeutic treatments to support individuals through the process of recovery. Our safe and supportive environments, provide clients an opportunity to battle through the stages of recovery in order to rebuild their lives. The addiction treatment programs we have in place help clients heal not only the mind but the body and spirit as well.

Contact the Impact Wellness Network today to see which of our comprehensive addiction treatment programs and locations best me your needs.

## What Is Evidence-based Treatment for Addiction?

When it comes to choosing the best treatment for addiction, it is important to pick a rehabilitation location that offers evidence-based treatments. By doing this you can ensure that your treatment will be regulated, monitored, and upheld to the standards created by licensed clinicians, therapists, and psychologists. With evidence-based treatment for addiction, there have been multiple research studies done about this specific type of therapy and the uses of these therapeutic situations and treatment styles have been deemed useful in reducing a specific set of behaviors, symptoms, or thought processes.

Evidence-based addiction treatments are designed to meet the specific mental health needs of clients suffering from different addictions, post-use symptoms, and ideologies. The most effective, popular, and helpful evidence-based addiction treatments include CBT, DBT, Contingency Management (Motivational Incentives), and 12-step facilitation therapies.



### CBT

CBT stands for Cognitive Behavioral Therapy. This is the standard for addiction treatment. This therapeutic treatment process [“focuses on the](#) patterns of thinking, and the beliefs, attitudes, and values that underlie thinking.” Through this process, individuals are supplied with the tools to problem solve and focus on the present and moving forward. This treatment model helps clients identify misleading beliefs or thought processes that could lead to use. Clients work with a professional in individual and group sessions to learn, try new things, and discuss the outcomes of these experiences.

### DBT

Dialectical Behavioral Therapy, known as DBT, is an evidence-based form of CBT often used for clients who have an addiction and some form of mental health concern like bipolar disorder, depression, or PTSD. DBT differs from CBT, in that the focus is primarily on acceptance of where a person is at and motivating them to make this change. It focuses on [mindfulness](#), distress tolerance, emotional regulation, and interpersonal effectiveness.

### Contingency Management

While typically not used independently, this evidence-based treatment for addiction focuses on providing incentives for positive change. By “reinforcing” (aka rewarding) positive behavior, motivates and incentivizes individuals who are struggling with maintaining sobriety. This is a popular therapeutic treatment for individuals in sober living situations.

### 12-step Facilitation Therapies

12-step programs are a form of evidence-based therapy. These therapeutic group support systems are designed to create social bonds and utilize connections in the treatment process. Examples of this are AA, NA, AlAnon, and other ‘anonymous’ groups which utilize peer support and mentors to work through the recovery process.

## What Type of Evidence-based Treatment Does Impact Wellness Network Offer?

Impact Wellness Network rehabilitation centers utilize the above-listed evidence-based treatment models with many more based on the specific needs of the client and the situation. Through different locations and different addiction treatment programs, we believe all our clients can achieve sustainable long-lasting recovery with our evidence-based addiction treatment programs.

Each of our rehabilitation facilities creates tailored treatment plans that are specifically designed to combine evidence-based practice with holistic healing methods so our clients can achieve total-body wellness.

Fight addiction and make an impact with Impact Wellness Networks group of treatment centers. [Contact us today](#) for a professional screening to determine which of our high-quality facilities can best treat your addiction needs.

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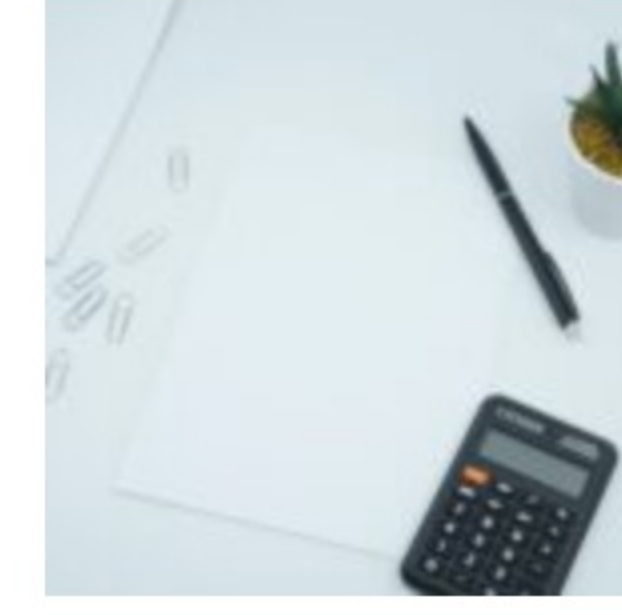
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Discovering Your Passions: Exploring Hobbies and Interests to Enhance Your Life in Sobriety

Embarking on the journey of sobriety is a transformative experience that opens doors to self-discovery and personal growth. One of the key elements in maintaining a successful and fulfilling sober lifestyle is the exploration and cultivation of passions and interests. We will delve into the importance of discovering your passions, how hobbies can enhance your... [Read more](#)



Navigating Financial Wellness and Stability After Addiction Treatment: A Guide to Taking Care of Your Finances

Embarking on the journey of addiction recovery is a commendable and transformative experience. However, the challenges don't end with the completion of a treatment program. Achieving financial stability post-treatment is often an overlooked aspect of recovery. We'll explore the importance of taking care of your finances after addiction treatment and provide insights into navigating financial... [Read more](#)



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Embarking on the path to sobriety is a transformative journey that involves not only breaking free from the chains of addiction but also fostering personal growth and self-discovery. Amid the challenges that come with rehabilitation, the importance of self-reflection cannot be overstated. We will dive into the significance of taking time to pause, reflect, and... [Read more](#)



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Embarking on the journey of alcohol rehabilitation is a courageous step toward a healthier and more fulfilling life. As individuals navigate through the process of recovery, it becomes crucial to not only overcome addiction but also to envision a future that is free from the constraints of alcohol dependency. Creating a vision for the future... [Read more](#)



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Phone: 855-491-5557

Multiple Locations in KY, IN, OH, MO, and VA



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