

What are Behavioral Therapies?

Behavioral Therapies include a range of treatment options to support an individual to develop skills and learn new strategies to help with difficult aspects of their life. Behavioral therapy may be in conjunction with other treatment options, such as Medications for Opioid Use Disorder (MOUD).



INDIVIDUAL COUNSELING

Talk therapy focused on reducing or stopping substance use, building skills, adhering to a recovery plan, and social, family and professional/educational outcomes. Through its emphasis on short-term goals, individual counseling helps the patient with coping strategies.

GROUP COUNSELING

Talk therapy in a group setting to capitalize on the social reinforcement offered by peer discussion and to help promote substance-free lifestyles. Group therapy often incorporates evidence-based treatment (EBT) and is done along with individual counseling.



FAMILY THERAPY

Talk therapy with the individual and with at least one significant other such as a partner or parent (in the case of an adolescent). Therapists seek to engage families in applying behavioral strategies taught in sessions and in acquiring new skills to improve the home environment.

MOTIVATIONAL INTERVIEWING (MI)

Style of communication helping people with a substance use disorder (SUD) build motivation and commit to specific plans to engage in treatment and recovery. Motivational interviewing uses a collaborative, therapeutic conversation between licensed clinicians and individuals.



COGNITIVE BEHAVIORAL THERAPY (CBT)

Collaborative treatment method that teaches individuals to recognize and stop negative patterns of thinking and behavior and phase them out. CBT is a form of psychotherapy that treats problems and boosts contentment.

CONTINGENCY MANAGEMENT INTERVENTIONS

Treatment with tangible rewards as systematic reinforcement for positive behaviors to modify substance use. Examples of rewards may be vouchers for food items, movie passes, and other retail goods and services.



COMMUNITY REINFORCEMENT APPROACH (CRA)

An intensive 24-week outpatient program that uses incentives and reinforcers to reward individuals who reduce their substance use.

THE MATRIX MODEL

Structured, multi-component behavioral treatment that consists of evidence-based practices, including prevention, family therapy, group therapy, substance education and self-help, delivered in a sequential and clinically-coordinated approach.

