

Cognitive Behavioral Therapy (CBT)

How Changing Thought Patterns Can Help Your Loved One Heal



What is CBT?

Cognitive Behavioral Therapy is a goal-oriented form of psychotherapy that focuses on the connection between thoughts, emotions, and behaviors. By identifying and changing negative thought patterns, individuals develop healthier coping mechanisms and lasting recovery skills.

How it Works: The Four Steps of CBT

- 1) Identify the Thought**
Recognize negative or distorted thinking patterns as they occur.
- 2) Challenge the Thought**
Question validity by examining evidence for and against it.
- 3) Reframe the Thought**
Replace negative patterns with balanced, realistic perspectives.
- 4) Develop Coping Strategies**
Build practical skills to manage stress and prevent relapse.

Goals of CBT

- Recognize the connection between thoughts, emotions, and actions
- Challenge negative and distorted thinking
- Replace unhealthy coping mechanisms with adaptive strategies
- Strengthen self-awareness and resilience

Therapeutic Benefits

- Reduced symptoms of anxiety and depression
- Improved ability to manage cravings
- Enhanced problem-solving skills
- Practical strategies for relapse prevention
- Healthier lifestyle habits

CBT is Highly Effective For Treating the Following Conditions:

- Substance Use Disorder
- Depression & Anxiety
- PTSD
- Personality Disorders
- Eating Disorders
- OCD

CBT at Burning Tree Ranch

Most programs introduce Cognitive Behavioral Therapy in a condensed format, teaching concepts without enough time to practice them. For chronic relapsers, surface-level exposure to CBT hasn't been enough.

Our **long-term, progress-based model** integrates CBT throughout treatment, giving clients months to recognize distorted beliefs, challenge them in real time, and **build healthier responses to stressors** that have fueled relapse. Clients advance when they demonstrate these skills consistently, not when a calendar says they're done.



“CBT helps our clients define what is a real problem and what is a false story they have made up to justify their actions or behaviors.”

 **Kristina Robertson, LCSW, LCDC**
Counselor, Burning Tree Ranch



Dual Diagnosis Treatment Using CBT

CBT has proven to be effective when combined with other evidence-based therapies in a dual-diagnosis treatment approach.

At Burning Tree Ranch, we integrate CBT with group therapy, EMDR, and several other modalities to create an **individualized dual-diagnosis treatment plan** that leads clients and families to a lasting and sustainable sobriety.

Dual Diagnosis:

The presence of **both a substance use disorder and a mental health condition** occurring together. Effective treatment for dual-diagnosis addictions must address both aspects simultaneously.



Have Other Treatment Programs Missed the Deeper Issues?

Burning Tree Ranch is the Nation's only authentic long-term treatment program for chronic relapse. Call us at (866) 287-2877 or visit us online at www.BurningTree.com.

Disclaimer: Burning Tree Ranch aims to enhance the quality of life for individuals battling substance use and mental health disorders through well-researched and professionally reviewed content. Our publications focus on the nature of behavioral health conditions, available treatments, and their outcomes. Reviewed by licensed experts, our material is informative but not a replacement for professional advice, diagnosis, or treatment. Always seek the guidance of a licensed health provider for any medical or clinical concerns.