

A Psychological Study into Therapy Practices That Can Help in Treating Addictions

Nathiya K¹, Gundluru Aruna², Dr Uma Devi T³, Sharin koshy Varghese⁴, V. Kusuma⁵

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¹ Associate Professor, Department of Mental Health Nursing, Narayana College of Nursing, Nellore, A. P, India

² Associate Professor, Obstetrics and Gynecological nursing, Sree Narayana Nursing College, Chinthareddy Palem. Nellore, India

³ Associate Professor, Department of OBG Nursing, Shri Sathya Sai College of Nursing, Sri Balaji Vidyapeeth (DU), India.

⁴ Research scholar, Department of Nursing, Martin Luther Christian University, Shillong, India, Clinical nurse specialist, Heart Hospital, Doha, Qatar [0000-0001-7942-2684]

⁵ Assistant Professor, Community Health Nursing, See Vidyankethan College of Nursing, Tirupathi, Andhra Pradesh, India

¹nathismily@gmail.com, ²milkyanu87@gmail.com, ³umaconsss@gmail.com,

⁴sharinkvarghese@gmail.com ⁵vkusuma5@gmail.com

Abstract

A large number of people are suffering from addiction in today's society and a proper understanding of the cause of these conditions put a psychologist in a better position to provide the treatment and support needed. It is necessary for the psychologists to adopt the right therapy practices for the treatment of addiction. Hence, the purpose of this study is to explore the therapy practices that can be of great help when it comes to treating addictions. Effective therapy practices have been developed by researchers across the globe to help with the treatment of addictions. The review of past studies and articles can help provide the necessary knowledge and thus this study has made use of secondary data to discuss the entire subject. The secondary information provides an opportunity to explore a wide of range of practices for better understanding. The article has thus been able to explore a range of therapy practices that can help with the treatment of addictions.

Keywords: Additions, CBT, DBT, Psychological Treatment

1. Introduction

Psychological study plays an essential role to treat addictions successfully. Mental and emotional health factors are managed with help of this psychological treatment. These factors are essential for a person in recovery purposes. Various kinds of therapies are available, that help to treat addictions. "Talk therapy", "motivational interviews", "Cognitive Behavioural Therapy (CBT)", "Dialectical Behavioural Therapy (DBT)", "yoga" and "meditation" therapy are included in several types of therapies. These therapies are essential to provide proper treatments among addicted people in the market. Various kinds of modern technology and machines are used in therapy practices to maintain a proper treatment process. Addicted people can easily get relief from their addiction with help of these psychological practices (De Leon & Unterrainer, 2020). Health and mental condition of addicted people are managed by this particular therapy framework. In case psychological practices help an individual to get free from addiction, everyone can easily be attracted by these psychological practices.

Addiction is a complex disease that affects many areas of a person's life. More than 20 million people need proper treatments in treating addictions significantly. Mental and physical health of addicted people is maintained properly with help of these psychological treatments (Thomas *et al.* 2020). Different types of risk factors are contributed to the development of a substance use disorder. Different types of therapies, counselling, and rehab treatments are engaged to provide proper treatments to addicted people successfully. Addiction creates a negative impact on health condition of a person in the global market. Sometimes, addicted people do not want to maintain a suitable treatment process. Psychological treatment is beneficial to provide better treatments for addicted people in the global market (Torous *et al.* 2021). Alcoholic and drug-addicted people can

easily be recovered with help of this particular treatment method. Addicted people are not capable enough to understand their treatment process, for this reason, these individuals easily recovered from their addiction.

2. Aim of the Article

The essential aim of this particular study are

- To understand proper psychological treatment for addictions.
- To identify the best psychological treatment that helps to treat addicted people successfully.
- To evaluate the importance of psychological treatment for recovering drug and alcoholic-addicted people in the market.
- To impact advantages and disadvantages of psychological therapies that help to provide better treatments.

3. 3. Material and Methods

Research method helps to gather different types of information and knowledge related to a proposed research paper. Different methods are engaged to finish a research paper within a given deadline. Research design, research approach, research philosophy and data collection processes are included in this methods of a particular research work. Research design helps a researcher to maintain a smooth way of a work process (Rashid *et al.* 2019). This is beneficial for a research work to finish within a particular time. Qualitative and quantitative research designs are available in the market. For this reason, a researcher can easily gather a better understanding about this proposed research work (Malmqvist *et al.* 2019). In this study, a researcher will use a qualitative research design to maintain a suitable work process for this particular study. Inductive research approach is used by a researcher to maintain a logical and coherent way of a work process. This particular approach is beneficial for a researcher to develop a theory related to this proposed study.

Research philosophy helps a researcher to analyse and use gathered data significantly for this particular study. Different types of research philosophies are available such as: Interpretivism and positivism research philosophy. Researcher uses an Interpretivism research philosophy for this particular study. Subjective, multiple and socially constructed assumptions are gathered by a researcher with help of this Interpretivism research philosophy (Al-Ababneh, 2020). Different theories are used to gather various ideas and thoughts related to this particular study. This particular philosophy is beneficial for a researcher to perform a specific role in observing the social world significantly in the global market. Every research work needs data to interpret a study successfully. Various kinds of data collection processes are available such as: primary and secondary (Nayak & Narayan, 2019). Researcher uses a secondary data collection process for this proposed paper.

Secondary data are available from different online sites, journals, books and other sources. Researcher gets an opportunity to gather accurate and relevant data from existing sources. For this reason, an individual can save time and money related to collect different types of data for this particular study (Linneberg & Korsgaard, 2019). Secondary data are easily available on different websites and journals. As a result, a researcher can easily collect different types of data from different sources successfully. This study is beneficial to understand proper processes and strategies for providing better treatments in the global market. Different types of theories are also used in this particular study to complete this study successfully.

4. Results

4.1. A brief idea about psychological treatment for addictions

Psychological treatments play an essential role to provide better treatments for addictions. Substance-related problems are measured with help of this psychological treatment (Carret *et al.* 2020). Psychological interventions are used in different stages of this treatment journey to identify a problem, treat this particular problem and assist with social reintegration to provide better quality treatments for an addicted person in the market. Mental and health conditions of addicted people are hampered due to drug and alcoholic addiction. Sometimes these psychological treatments are beneficial for a person to maintain a healthy lifestyle on a daily basis. Sometimes addicted people are dangerous for their addiction in the market. These individuals need proper treatment to

recover from this particular disease. Two types of interventions are available such as: social and dynamic. Dynamic interventions are used as alone or a combination at different points in an individual’s drug treatment journey (Oduanya *et al.* 2020). This process is used in the first contact with health services in the global market.

A dynamic intervention process is helpful for a person to clarify and recognise the nature of drug problem successfully. Behaviour of addicted people is changed with help of this particular intervention in the health sector of a person (Alegría *et al.* 2021). Proper treatment process is managed by an individual with help of this dynamic intervention process. Pharmacological treatment is used to provide better quality treatments for addicted people in the market. Better quality treatment process is measured by this particular treatment process (Heinonen&Nissen-Lie, 2020). Addicted people do not want to take treatment from the health sector. For this reason, these individuals face several types of mental and health issues to maintain a healthy lifestyle on a daily basis.

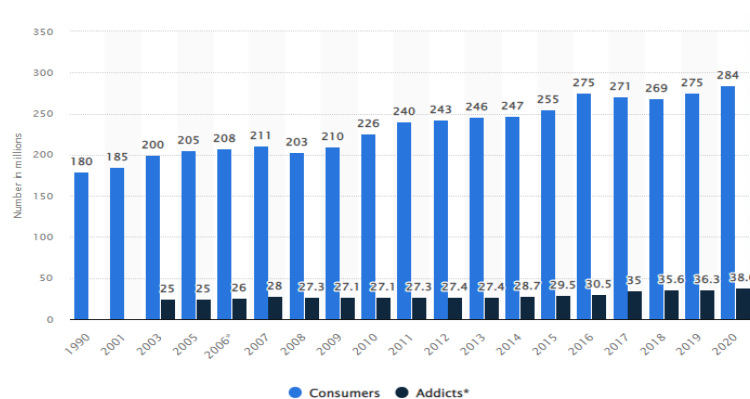


Figure 1: Addiction to illegal drugs among consumers
 (Source: Influenced by Elflein, 2022)

In recent days, consumers are addicted to illegal drugs throughout the world. For this reason, the health condition of these individuals is hampered due to addiction to drugs. The number of consumers was estimated at 275 million in the year of 2019. Hence this figure is increased to 284 million in the year of 2020 (Elflein, 2022). For this reason, psychological treatment is needed for providing better treatment to addicted consumers in the global market. Several types of treatment facilities are available in different marketplaces. More than 16,000 treatment facilities are available for providing better treatment to addicted people (Michas, 2022). This creates a positive impact on health sector of the U.S. market effectively. Problematic alcohol and drug users face various types of problems related to psychological, health and social. Psychological treatment plays an essential role to maintain any comprehensive substance use disorder treatment program significantly.

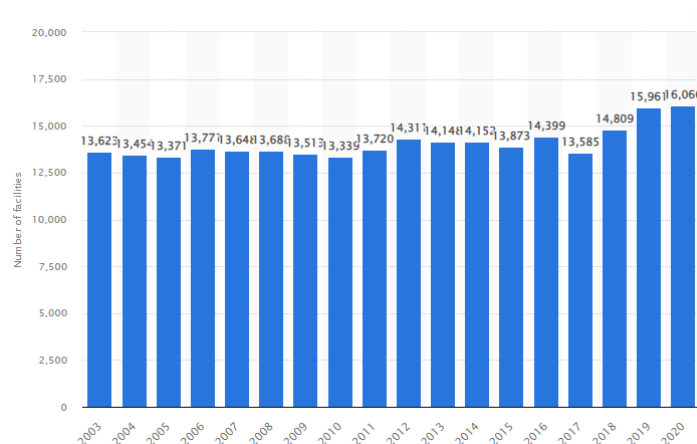


Figure 2: Number of treatment facilities
 (Source: Influenced by Michas, 2022)

The development and standardization of psychological treatments for substance use disorders are managed with help of this healthcare sector in different marketplaces. Behaviour and attitudes of addicted people are maintained by this psychological treatment in the global market (Delfabbro *et al.* 2021). These addicted people are not capable enough to understand this modern treatment process effectively. Sometimes long-term psychological treatment is maintained to recover an addicted people from this particular drug and alcoholic addiction (Martinelli *et al.* 2020). Psychological therapy helps to reduce anxiety, build self-esteem and improve the community and social functioning respectively in the market. Addicted people can easily deal with a normal lifestyle on a daily basis with help of psychological treatments.

4.2: Most common type of psychological treatment that helps in treating addictions

Different types of therapies and treatments are available in the global market to recover addicted people from drug and alcohol addiction. Most essential psychological treatment is “*Cognitive Behavioural Therapy (CBT)*”. This particular therapy helps a person to provide a new life in a different way. For this reason, the CBT process is maintained by psychological treatment process. CBT involves in different processes to improve self-control throughout the learning processes of different new skills and developing coping strategies successfully (Zeidi *et al.* 2020). Unhealthy behaviors and thoughts are recognised by a person with help of this CBT process that helps to reduce addiction significantly. Unhealthy attitudes and behaviours create a negative impact on the personality of a person (Cao *et al.* 2021). For this reason, an addicted person is always separated from others due to bad behaviour and attitudes. CBT helps a person to replace and correct unhealthy behaviours and thoughts through the learning of modern skills and knowledge.

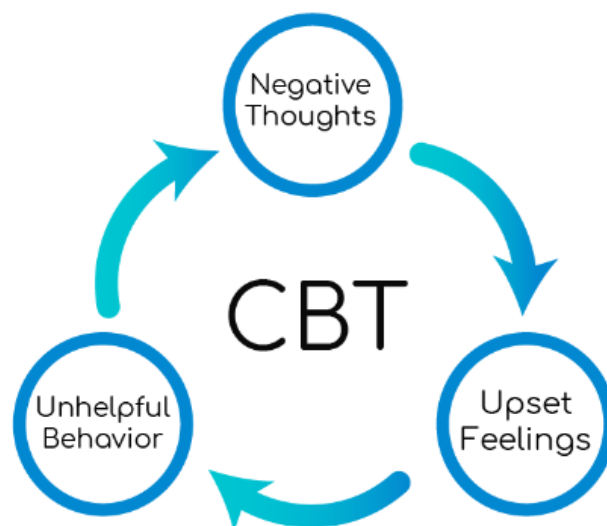


Figure 3: Cognitive Behavioural Therapy
(Source: Influenced by Luo *et al.* 2020)

In case an addicted person follows this particular process in daily life, this individual can gain proper fame and prosperity respectively. This process is also beneficial for an individual to identify relevant and accurate skills for each and every one. In case this process is not maintained properly, addicted people are not capable enough to get recover from their addiction (Pickard, 2020). CBT helps a person to think in another way, by which an individual can easily recover from any disease. The core focus of this therapy is to change the negative thinking process significantly (Goldstein *et al.* 2020). This particular therapy is beneficial to understand thinking process of an addicted person in the market. Psycho-social intervention is known as Cognitive Behavioural Therapy (CBT). This particular intervention helps to reduce symptoms of various mental health conditions, anxiety disorders and depression successfully (Agyapong *et al.* 2021). CBT can change thinking patterns, behaviours, and attitudes of addicted people. One of the leading methods of psychotherapy is cognitive behavioural therapy (CBT). This particular therapy is mainly used by Western counsellors to provide better treatments. This particular therapy mainly focuses on individual perception. A highly goal-oriented type of psychotherapy is

CBT in the market (Sundah, 2022). Different sessions are maintained by this CBT process to help individuals reconceptualise experiences and concepts.

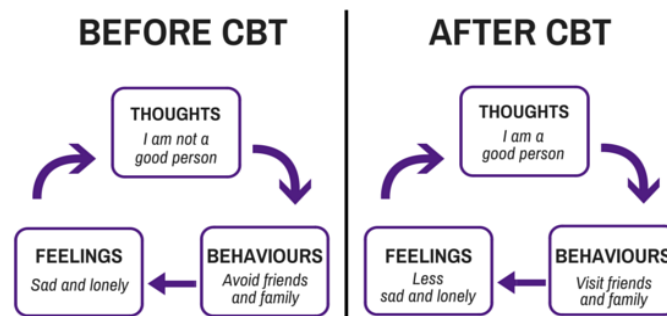


Figure 4: Importance of CBT
(Source: Influenced by Reid *et al.* 2021)

Cognitive Behavioural Therapy is utilized for support in a wide variety of situations. Every person is benefited with help of this CBT process. Three stages are engaged in this particular process such as: thoughts, behaviours, and feelings (Geschwind *et al.* 2019). Before CBT attitudes and behaviours of a person is not good overall. Every people always feel lonely and sad on a daily basis. These individuals always try to avoid all family members, friends, and others. Hence after the CBT process, an individual can easily communicate with friends and family members successfully. Attitudes and behaviours of a person are better than before. For this reason, this CBT framework is beneficial for every addicted person.

4.3: A brief idea about Dialectical Behavioural Therapy (DBT)

A type of talk therapy is known as Dialectical Behavioural Therapy (DBT). DBT always tries to focus on helping people accept the reality of their lives significantly. This particular therapy is beneficial for those people who try to maintain their emotions in a different way (Mehlumet *et al.* 2019). A wide range of mental health conditions is managed and treated with help of this particular process. Self-harm, suicidal behaviour, anxiety, depression, substance use disorder, post-traumatic stress disorder (PTSD), and Borderline personality disorder (BPD) are included in these mental health conditions (Kothgassner *et al.* 2021). DBT process is effectively important to provide better treatment for addicted people in the global market. The problematic and unhealthy efforts of an addicted person are managed by this particular process. DBT helps a person to control negative emotions and bad thinking on a daily basis (Zalewski *et al.* 2021). For this reason, this process plays an essential role to recover addicted people from addiction successfully.



Figure 5: Different Components of Dialectical Behavioural Therapy
(Source: Influenced by Kothgassner *et al.* 2021)

The main goal of this particular process is to maintain a strike balance between validation, challenges and benefits of challenges. DBT helps a person to learn new skills, by which an individual can easily improve

emotion regulation (Huang *et al.* 2020). Different sessions are engaged for this particular therapy. Four essential sessions of Dialectical Behavioural Therapy are “skills training in groups”, “telephone crisis coaching”, “and DBT pre-assessment” and “individual therapy”. These sessions play an essential role to provide better treatments for addicted people in the global market. Every person has a responsibility to maintain emotions in an organised manner. This particular process helps an individual to think in a different way. DBT mainly focuses on skills training. Emotion regulation, interpersonal effectiveness and distress tolerance are included in these skills training programs in the market (Bohus *et al.* 2020). These four components are essential for an individual to implement this modality day to day life.

5. Discussion

Psychological treatment is beneficial for an individual to maintain a healthy lifestyle on a daily basis. Mental and health factors are managed with help of this particular process. Social and dynamic two types of interventions are available in the global market to provide better treatments for addicted people. Every addicted person does not want to communicate with family members, friends and others successfully. For this reason, an individual is totally separated from family and friends groups. Psychological treatment is beneficial for these individuals, by which they can communicate with each other positively. The drug treatment journey is managed by psychological treatment in the global market. Psychological treatments are beneficial for addicted people to maintain a healthy and smooth lifestyle. Comprehensive substance use disorder treatment is managed with help of psychological treatments. Different types of treatment facilities are available in the market to recover addicted people from addiction. Anxiety and depression of a person are managed with help of these psychological treatments.

Cognitive Behavioural Therapy (CBT) is the most common type of treatment for addicted people. Before this process, people are totally separated from others and after this process; these individuals can easily maintain a strong relationships with friends and family successfully. CBT helps a person to maintain negative thoughts, unhelpful behaviour, and upset feelings. Attitudes and behaviours of addicted people are effectively bad. For this reason, this particular treatment process is helpful for each and every addicted person. The professional and personal life of a person is hampered due to addiction in the global market. Sometimes, an addicted person wants to maintain a healthy lifestyle, and for that individual CBT, process is effectively essential. CBT helps a person to correct and replace unhealthy behaviours and attitudes of addicted people. Different sessions are engaged for this particular process to provide better treatments for addicted people.

Dialectical Behavioural Therapy (DBT) is an important type of talk therapy in the global market. It is a common therapy for Borderline personality disorder (BPD). Sometimes a person wants to reduce stress, anxiety, and higher tension from daily life. This particular psychological treatment is suitable for those people. Different sessions are engaged for this particular process in the global market, those sessions are effectively essential for an individual to maintain a healthy and safe lifestyle. This particular process helps to enhance capabilities among addicted people in the market. The DBT process is beneficial for an individual to improve the motivation process successfully.

6. Conclusion

Psychological treatment is helpful for everyone in the market to maintain a smooth work process on a daily basis. Different types of treatments are available to provide a better quality of treatments for addicted people. Among all therapies, talk therapy is effectively important. CBT and DBT treatment processes are also helpful for an addicted individual. Sometimes a people want some treatment sessions to maintain a healthy lifestyle on a daily basis. Different types of sessions are engaged in this particular treatment process. These sessions are helpful to maintain unhealthy behaviours and attitudes of addicted people. Addicted people behave immensely badly with family members and friends on daily basis.

Addiction creates a negative impact on the personal and professional life of a person. For this reason, these individuals are totally separated from friends and family members respectively. The DBT process helps a person to maintain emotional regulations significantly in the market. For this reason, this particular process can easily maintain mental and health conditions. High stress and anxiety of a normal and addicted person are easily

recovered with help of this DBT treatment process. Sometimes a person is not capable enough to select a suitable way of the working process. DBT and CBT treatment processes are beneficial for those people to maintain a healthy and safe lifestyle on a daily basis.

Psychological treatment should use by each and every addicted person in the market to maintain their attitudes and behaviours successfully. CBT and DBT process is beneficial for every person on a daily basis. Modern machines should be used for this particular treatment process in the global market. For this reason, addicted people can easily be recovered from their diseases. An addicted person should maintain psychological treatments successfully in their daily life. Mental and health factors of a person should be maintained with help of this particular psychological treatment in the market. In case an addicted person is totally separated from their family life due to this addiction, CBT and DBT processes should be helpful for everyone to provide better treatments. Every addicted person should maintain all sessions of CBT and DBT processes successfully in their daily life. Experienced nurses and therapist should be needed for maintaining CBT and DBT process respectively.

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