

CBT

Components

Cognitive-Behavior Therapy (CBT) is based on the theory that our **behaviors** (in and outside of a relationship) are influenced by our *feelings, environment, and beliefs*.

Although our feelings and beliefs may be born in childhood, change now will require facing our beliefs and behavioral patterns in the present. Total understanding may mean exploring our history, but change will also require work in the here-and-now.

Behaviors

(Caretaking, Enabling, Perfectionism)



Cognitions

(I'm worthless without him/her)

Emotions

(Sadness & Fear)

NYBH Partners in Recovery Groups provide support, education, and skills to help navigate through the complex experiences and feelings that may arise due to the impact of a loved one's addiction.

These groups emphasize skills like healthy communication, boundary setting, and self-acceptance. Members will learn about the physical and emotional components of addiction, as well as the impact on the family and the individual using substances.

Assessment

Is a loved one's substance abuse or addiction having an impact on you or your family?

Has your partner gone into recovery, but things are still not better?

Feel confused and exhausted from giving your partner support, while still taking care of yourself and other family members?



Are you having a hard time saying No?

Do you feel like you've had to put your needs aside to address the needs of your loved ones?

Do you feel like things won't get better?

Has your trust been broken?

Is it hard to believe you can trust again?

Does it work?

Treatment History

Components of cognitive-behavior therapy (CBT) have been studied more than other psychotherapies, and have proven to be effective. Cognitive strategies, problem solving, boundary setting, relaxation training, assertiveness training, other healthy communication skills, and self-acceptance, can help group members to feel more powerful, at ease, and emotionally centered in the relationship to both themselves and their partner.

There's more to a healthy relationship than just loving someone.

Often times we feel that if we rely on love, things will get better. But relationships are about more than just feelings of love. A fulfilling relationship is based on loving behaviors from both parties. This is a two-way street of actions.

I don't have energy to focus on me, he/she is the one with the problem!

It's normal to want to protect and support the ones we love. It's also important that during this process, we don't forget to protect and support ourselves. The better we take care of ourselves, the better we will be at taking care of others. Give your self a safe space to talk and have support. You deserve it.

To schedule an initial intake and group screening

Call 646-495-3078