


EDCS-NC 2024

**Panel on Effective Drug Control Strategies in Northern Cyprus:
Challenges and Opportunities in 2024****COGNITIVE BEHAVIOURAL THERAPY AND SUBSTANCE
MISUSE ADDICTION: FUNDAMENTAL PRINCIPLES AND
INNOVATIVE APPROACHES**Irmak Cavusoglu (a)* 

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Abstract

Cognitive Behavioural Therapy (CBT) has been established as the most common used psychotherapy approach in the realm of psychotherapy, well known for its evidence-based practices and wide range of applicability when treating psychological health disorders. CBT originated from the ground-breaking work of Aaron T. Beck and Albert Ellis and offers a structured framework for identifying and addressing the continuous association between thoughts, feelings and behaviours. This paper offers a comprehensive overview of CBT, pinpoints the main principals and how it can be applied to treat psychological disorders particularly substance misuse disorders. The role of CBT in substance misuse disorder found to be highly crucial as when the role of CBT in treatment and prevention of substance use is examined, the necessity and utility of using CBT as one of the complementary treatment approaches were proven by numerous studies. By applying the foundational principles of CBT and integrating recent technological and scientific developments into the CBT approach, they promise an empowering treatment journey and long-lasting recovery especially for the individuals who have substance misuse disorders.

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Keywords: Cognitive Behavioural Therapy (CBT), substance misuse disorder, psychotherapy approach, treatment and prevention, evidence based practice

1. Introduction

Substance misuse disorders (SUDs) represent a significant public health problem all around the world, with profound impacts on individuals, families, and communities. Despite the advancements in preventing and treatment modalities, substance misuse remains a complex issue with multifaceted underlying factors. In acknowledging the crucial role of CBT in addressing psychological disorders, including substance misuse, this paper will overview the importance of integrating CBT into treatment approaches for SUDs.

1.1. Cognitive Behavioural Therapy: A Comprehensive Overview

Cognitive Behavioural Therapy (CBT) which is an evidence-based and widely recognized psychotherapeutic approach, was developed By Aaron T. Beck and Albert Ellis in the late 1960s and early 1970s. CBT is one of the most prevalently used psychotherapeutic approaches which focuses on understanding how individual's thoughts, emotions and behaviours are all interconnected and affect one another (Beck, 1993). The main principles of CBT are rooted in analysing an individual's mental processes to understand and alter negative and maladaptive thought patterns. CBT suggests that, thoughts, emotions and behaviours are all interconnected and individuals develop maladaptive thinking patterns based on the negative experiences they have experienced, which lead to the development of numerous psychological disorders. Thus, CBT aims to address the cognitive processes that underlie this interplay between individual's thoughts, emotions, and behaviours and suggest that by addressing these negative cognitive processes, individuals can effectively modify unwanted thoughts, feelings and behaviours and enhance overall well-being by effectively treating psychological symptoms and disorders (Beck, 1993). CBT has been subject to extensive research and the results have established its efficacy in addressing numerous mental health disorders, such as depression, anxiety, post-traumatic stress disorder and SUDs (McHugh et al., 2010).

In essence, CBT is an empirically supported, well-founded and widely recognized psychotherapy approach that been effective in addressing a broad range of mental health disorders, including SUDs (Hides, Carroll et al., 2010). The efficacy of CBT has been strengthened by integrating recent technological interventions with the aim of improving the efficacy of the outcomes of treatment and providing individuals extra guidance and resources as they progress through their recovery journey.

1.2. Understanding the Foundation of CBT

Cognitive Behavioural Therapy (CBT) is a psychotherapeutic approach that is mainly focused on understanding the association between an individual's thoughts, emotions, and behaviours (Beck, 1993). The foundation of CBT is premised on the concept that one's thoughts have a profound effect on one's emotions and behaviour. By primarily identifying then challenging the negative or distorted thinking patterns, individuals can experience healthy changes in their psychological well-being (Beck, 1993). One of the main principles of CBT which increase the efficacy of this approach is the idea that CBT requires a collaborative and active participation process where both psychotherapist and the client work together to recognize and reframe their unhealthily thoughts and beliefs, replacing them with more healthy and

adaptive ones (Hofmann et al., 2012). By working on these internal cognitive processes together, the clients learn how to detect and navigate their unhealthy thinking patterns later in their lives meaning that CBT teaches individuals to take control of their psychological well-being and make adaptive changes for the rest of their lives. Moreover, within CBT sessions, numerous different techniques are also included such as identifying and challenging irrational beliefs, cognitive restructuring techniques, behavioural experiments, problem-solving strategies, exposure therapy and many more.

As a result, CBT is considered as a first-line psychotherapeutic treatment for numerous mental health conditions and can be also combined with medication (Parikh et al., 2009) and other forms of therapy such as systemic therapy and mindfulness-based interventions (Zamboni et al., 2021)

1.3. Applications of CBT

Cognitive Behavioural Therapy is very well-designed psychotherapy approach that has proven the efficacy in addressing various mental health concerns, including generalized anxiety disorder, major depressive disorder, social phobia, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, eating disorders, anger management difficulties and substance use disorders (Morin et al., 2017). The adaptability of CBT to both brief, targeted interventions, consistent and longer-term therapy makes it an ideal choice for individuals with diverse needs and mental health challenges (Turner et al., 2006).

2. The Role of CBT in Substance Abuse Prevention

The role of Cognitive Behavioural therapy in the substance use prevention and treatment have a well-documented scientific background which indicates that CBT serves as a valuable tool when addressing the underlying cognitive and behavioural patterns related with the addictive behaviour (Magill et al., 2023). Numerous researches also suggest the cruciality of CBT's role when treating individuals with substance misuse. It has been indicated that, CBT can be a necessary tool when treating people to overcome substance misuse (Boness et al., 2023).

CBT helps individuals to discover and realise distorted thinking patterns, triggering situations and maladaptive coping strategies that leads them to continue to their substance misuse. By targeting such cognitive and behavioural processes, CBT teaches individuals the necessary skills to resist cravings with healthier coping mechanism, making healthier choices and maintaining longer term recovery (McHugh et al., 2010).

There are numerous studies which highlights the efficacy of CBT in substance use treatment and prevention (Dombrowski, 2022). For instance, a literature review article indicated that well-established CBT treatments for substance use disorders found to produce effective outcomes for substance use, including relapse prevention and mindful-based relapse prevention (Morin et al., 2017).

On the other hand, another research suggested that CBT when combined with other evidence-based treatments such as pharmacotherapy, motivational interviewing, mindfulness-based relapse prevention, showed efficacy compared to minimal and usual care control treatments (Magill et al., 2023).

It is crucial to note that when it comes to the treatment and prevention of substance use addictions, CBT is not advised to use as a standalone treatment, and it is often suggested to use CBT as a part of combination treatment strategies in order to support the individual's psychological and physical well-being

with a holistic approach (Hides, Samet et al., 2010). Although CBT has shown high levels of efficacy when used as a monotherapy (McHugh et al., 2010) a comprehensive approach is crucial to address the complex nature of substance use disorders. Thus, CBT used with other effective interventions such as medication treatment (McHugh et al., 2010), increases the likelihood of a successful outcome.

In summary, CBT addresses the underlying cognitive and behavioural processes of an individual's psychology, provides individuals with insights and skills to manage cravings and, and promotes life-time recovery. Therefore, the use of CBT is strongly supported with empirical evidence as one of the main psychotherapy approaches to treat and prevent substance use disorders (Boness et al., 2022).

3. Recent Technological Developments in Using CBT in Treating and Preventing Substance Misuse

Cognitive behavioural therapy (CBT) is a psychotherapy approach which holds broad range of different interventions to target various psychological concerns (Jeffreys & Weersing, 2014). In addition, CBT is designed to be adaptable to recent developments (Rathod et al., 2019). Hence, new developments and advancements have been added to the practice of CBT to prevent and treat substance misuse (Mastroleo et al., 2020). Some of the major and recent developments include:

3.1. Identifying Triggers and Distorted Thinking in Substance Misuse

CBT has an important role in addressing substance use disorders by helping individuals to identify triggers, unhealthy thinking patterns that contribute to their addictive behaviour. For instance, an individual struggling with cigarette addiction may have a distorted belief that they need to smoke in order to cope with stress, which reinforces their smoking behaviour. Similarly, for cases of substance use addiction, the majority of the individuals may have a distorted belief that they need to use that specific substance to be included in their peer groups or to cope with stressful situations. These unhealthy thoughts reinforce their substance use behaviour and creates a vicious cycle where individuals cannot stop using substances even if they want to. Through numerous techniques in CBT such as cognitive restructuring and thought records, individuals can unveil and challenge these distorted thoughts, leading to a healthy shift in perception and behaviour (Alya Attiah, 2023).

3.2. The Importance of Identifying Triggers and Distorted Thinking in Substance Use Disorders

Identifying triggers and maladaptive thinking patterns in substance misuse is crucial for various reasons (Huppert & Siev, 2010).

3.2.1. Understanding Root Causes

By identifying triggers, individuals can understand the underlying reasons that lead them to continue substance use. Most of the time, triggers may be associated with trauma, stress, social influence and/or mental health issues. Acknowledging these triggers is the first step in addressing the root reason of addiction (Huppert & Siev, 2010).

3.2.2. Relapse Prevention

Being aware of the triggers, individuals can develop healthy and adaptive coping strategies to avoid triggering situations as this reduces the risk of relapse and enhances life-time recovery. In addition to learning unique healthy coping mechanism, developing a realistic support system is also another crucial factor which enhances the relapse prevention (Huppert & Siev, 2010).

3.2.3. Addressing Distorted Thinking

Unhealthy thinking patterns such as rationalization or denial of substance use can lead individuals increase the addictive behaviours. Recognizing the notion that distorted thinking patterns are the main roots which lead them to perpetuate their addition, individuals become more able to create healthy thinking and behavioural changes (Huppert & Siev, 2010).

3.2.4. Tailored Treatment

The role of establishing tailored personalized treatment plans plays a crucial role in terms of the efficacy of CBT. Being aware that everyone has their unique triggering situations and distorted thinking patterns, developing personalized treatment plans that addresses the significant needs of the individuals enhances the likelihood of successful recovery (Huppert & Siev, 2010).

3.2.5. Updating CBT with the Recent Technological Advancements

As mentioned above, it is vital to identify root causes, triggers, distorted thinking patterns and address them with tailored CBT treatment programmes when working with individuals who have substance misuse disorder. In addition to the main principles of CBT, it is also important to incorporate recent technological advancements such as Virtual Reality (VR) therapy and specifically designed hotline platforms into CBT to enhance the effectiveness of this approach even more. Adding recent technological developments to the main principles of CBT offers a holistic approach for treatment and prevention of substance misuse (Carroll & Kiluk, 2017).

4. Understanding Substance Use from a CBT Perspective: A Unique Case Formulation

Presenting the Problem: The client, Ahmet, has been struggling with cannabinoid substance use. He reported several episodes of uncontrolled use of such substance, inability to resist the cravings of the consumption although he has experienced negative consequences in his personal, family and work life.

4.1. Predisposing Factors

- **Early Experiences:** Ahmet's family history reveals a patterns of substance use, with his uncle and grandfather both struggling with substance use addiction. Ahmet was exposed to such substance

use behaviours from a very young age, thus normalizing substance use especially within his family environment.

- **Negative Core Beliefs:** Through CBT evaluation, it become apparent that Ahmet holds a negative core belief about himself, including feelings of worthlessness, inadequacy and low self-esteem. Having these beliefs makes him more likely to contribute to the tendency of using addictive substances as a way of coping with unpleasant feelings of insecurity and unworthiness.

4.2. Precipitating Factors

- **Work Stress:** Ahmet is repeatedly experiencing significant work-related stresses due to the nature of his workplace. The nature of his workplace leads him to suffer heightened levels of anxiety and feelings of being overwhelmed.
- **Relationship Strain:** Ahmet's romantic relationship is under strain, due to conflicts about his substance use, causing him to experience a lack of emotional intimacy and increasing his emotional distress.

4.3. Perpetuating Factors

- **Cognitive Distortions:** Through "socratic questioning", it becomes apparent that Ahmet has numerous cognitive distortions which lead him to continue his maladaptive substance use behaviour such as, *all-or-nothing thinking*, *generalization*, *catastrophizing*, *mind-reading*, and *filtering the positive*. These distorted thinking patterns perpetuate his dependence on substance use as a coping mechanism resulting in Ahmet becoming less likely to combat this addiction.
- **Avoidance Coping:** Ahmet has developed a coping mechanism where he uses substances to avoid confronting stressful situations and his negative emotions. With time, this behaviour reinforces the relationship between substance use and relief from discomfort.

4.4. Formulation Hypothesis

In the light of the above factors, it is hypothesized that Ahmet's substance use behaviour serves as a maladaptive coping strategy where he thinks that he can manage the feelings of anxiety, stress, and inadequacy by consuming such illicit substances.

4.5. Cognitive Behavioural Therapy Treatment Plan for Ahmet's Substance Misuse

In the light of the above factors, a Cognitive Behavioural Therapy treatment plan for Ahmet should focus on restructuring maladaptive core beliefs by identifying, addressing and challenging his cognitive distortions. Developing healthier coping mechanism to deal with anxiety and stress is crucial in order to prevent relapse. Furthermore, building his emotional regulation skills will work as a healthy coping mechanism to reduce the resilience on substance (McHugh et al., 2010).

4.5.1. Cognitive Restructuring

- **Identification of Negative Core Beliefs:** It is one of the main principles of a CBT session to identify the individual's negative core beliefs. In Ahmet's case, the psychotherapist will choose the most suitable tools to identify such core beliefs and both CBT psychotherapist and Ahmet will work collaboratively to identify his negative core beliefs. According to the formulation, Ahmet has low self-esteem and feelings of inadequacy which serve as the primary cause of his substance misuse behaviour.
- **Cognitive Distortion Awareness:** The cognitive distortions are the mental patterns that individuals may experience and as a result of these distortions, these individuals interpret the world from a distorted perception which eventually leads them to develop psychological disorders such as substance use addiction. The CBT psychotherapist guides Ahmet to first identify then challenge his cognitive distortions. Ahmet's formulation indicates that, he experiences *all-or-nothing thinking, generalization, catastrophizing, mind-reading, and filtering the positive* cognitive distortions. Through the inclusion of a tool called *alternative thought records* and other numerous cognitive restructuring techniques, Ahmet can begin to identify and challenge his distortions.
- **Cognitive Restructuring Exercises:** The CBT psychotherapist will guide Ahmet through structured exercises to reframe his distorted thinking patterns. In order to reduce the emotional triggers which lead him to continue his substance use, the psychotherapist teaches Ahmet how he can recognize the cognitive distortions and replace them with more healthy, balanced and realistic thoughts.

4.5.2. Coping Skills Development

- **Stress Management Techniques:** Teaching how to manage stress is one of the crucial principles within a CBT session as stressful situations act as a trigger for the patients and if individuals do not know how to manage stress, they become more likely to continue their problematic behaviour. In this case, the CBT therapist will teach Ahmet stress management skills and relaxation techniques. The most common taught techniques include deep breathing exercises, progressive muscle relaxation, and mindfulness practices. With the aid of such exercises, Ahmet will learn how to effectively manage his stress and anxiety, even in the challenging situations.
- **Problem-Solving Skills:** Problem solving skills are another crucial tool that CBT psychotherapists teach in their sessions. Through role-playing and real-life scenarios, the CBT psychotherapist will guide Ahmet to develop effective problem-solving skills. With the aid of such skills, Ahmet will be ready to effectively address and manage his interpersonal stressors or work-related stressors instead of using substances as a coping mechanism.
- **Emotional Regulation Training:** Identifying and expression emotions and building distress tolerance skills are important for individuals because if they cannot identify, express and/or tolerate their overwhelming emotions, the likelihood of their developing a psychological disorder will increase. Thus, the CBT psychotherapist will guide Ahmet to also learn emotion regulation strategies to manage the feelings of anxiety and inadequacy without resorting to using substances.

4.5.3. Behavioural Activation

- **Identifying Alternative Activities:** Until seeking a CBT session, using substances were acting as a main activity in Ahmet's life. Finding healthy hobbies and alternative activities for Ahmet will provide fulfilment and enjoyment, and engaging with alternative activities will minimize the risk of using substances as an activity in his life.
- **Activity Scheduling:** After identifying alternative activities rather than substance use, the CBT psychotherapist should assist Ahmet to create specific and structured daily schedule plan full of rewarding and meaningful activities. Building a proper scheduled plan can promote the pleasure and sense of achievement for Ahmet and reduce the risk of substance misuse.

4.5.4. Relapse Prevention Strategies

- **Identifying High-Risk Situations:** Within CBT sessions, it is important to identify high-risk situations as one of the main goals of these sessions is to enable the patients to identify and manage these high-risk situations without continuing their problematic behaviour. With the guide of the CBT psychotherapist, Ahmet can identify the situations that trigger him to use substances and when he acquires the skills of identifying such triggering situations, he can develop effective coping strategies without resorting to substance use, even when faced with high-risk situations.
- **Creating a Relapse Prevention Plan:** Working collaboratively, the CBT psychotherapist and the patient will become aware of the high-risk trigger situations enabling the patient to develop a unique relapse prevention plan for the future that includes healthy and effective coping strategies, social support networks, and who to contact in case of any emergency situation. Having such a plan minimizes the risk of any relapse particularly in times of heightened vulnerability situations.

4.5.5. Establishing Family and Social Support

- **Building a Support Network:** Individuals experiencing substance misuse problem, often develop problems with their family and social environment. Losing the support of their family and social network may increase the likelihood of them continuing their substance misuse behaviour. With this in mind, a CBT psychotherapist should encourage Ahmet to strengthen this family and social support network by directing him to engage with supportive family members, a romantic partner (if applicable), friends or support groups. Including family and social environment to the treatment process increases the effectiveness of CBT sessions.

4.5.6. Homework Assignments and Monitoring

- **Implementation of Skills:** Homework assignments are another crucial factor which plays a significant role in the CBT sessions. In most of the cases, individuals come to the therapy sessions once a week, and to increase the effectiveness of sessions, providing the right, personalized homework assignments create an opportunity for patients to practice and reinforce the skills that they have learned during the CBT session in their daily life. Homework assignments create a

healthy bridge between therapy sessions and the patient's real life which allow patients to continue their CBT progress between each session. Moreover, homework assignments increase the effectiveness of sessions and contribute to long-lasting therapeutic outcomes.

Implementing strategies in their daily life aids patients in developing and maintaining new and healthy coping strategies. Assigning homework to the patients gives them the opportunity to apply the learned techniques to the real-world situations and by doing this, the CBT psychotherapist ensures that patients can effectively use the learned skills in numerous contexts. Furthermore, completing the assigned homework successfully empowers the patients to feel confident about their abilities and increase the likelihood of them applying such techniques to the real-life triggering situations (McHugh et al., 2010).

5. Embracing Change and Empowering Growth

Substance use disorders are complex disorders and a holistic approach is necessary to combat this disorder with an effective treatment plan (Moos, 2007). Cognitive Behavioural Therapy is widely proven to be the most prevalent psychotherapy approach in the world that empowers individuals to identify and challenge their distorted thinking patterns, emotions and behaviours (Ghaderi et al., 2021). The above example of a comprehensive CBT treatment plan demonstrates the importance of understanding the root causes of substance use and how identifying the predisposing, precipitating and perpetuating factors can be used by a CBT psychotherapist to create an effective treatment plan tailored to the individual's specific needs. By addressing these factors specifically within the CBT sessions, the risk of relapse is minimized and overall quality of life of the patients is enhanced. Through the aid of such a structured and collaborative approach like CBT, patients like Ahmet can be diagnosed and treated successfully. In addition, a CBT psychotherapist should continue to educate themselves with the recent technological and scientific advancements within the field of CBT to deliver the newest strategies to their patients.

6. Recommendations for the Northern Cyprus

In the context of substance misuse disorders, adapting a holistic approach to treat this disorder is crucial to promote overall well-being and successful recovery. Adapting a holistic approach towards this complex disorder requires the involvement of various aspects such as including of medical interventions, CBT psychotherapy approach, social support, government policies, education programmes, awareness campaigns, nutrition and exercise. It has been scientifically proven that inclusion of CBT psychotherapy sessions into a holistic treatment plan can be highly beneficial for the patients as it increases the chance to effectively treat substance use disorders (Moos, 2007).

CBT is a psychotherapy approach known best for its flexibility, adaptability and incorporation of new developments. CBT is evidence-based, meaning that the tools, strategies and techniques are continuously evaluated, renewed and updated based on recent scientific researches and technological developments. The CBT strategies are continuously updated through the use of new, scientific findings and insights from the fields of psychology, neuroscience and related fields. The continuing development of technology can change the specific needs of patients and inclusion of newer improvements can be uncovered and/or identified by the CBT psychotherapist or researchers. CBT sessions are organised

according to a structured framework; yet, it is also flexible and can be individualized meaning that CBT psychotherapists navigate each session aligned to the specific needs of their patients. Thus, when CBT psychotherapists or researchers discover more effective interventions techniques for improvement, they can readily integrate these advancements into their practices. CBT psychotherapy sessions work best with the collaboration of the psychotherapists and the patients as this not only increases the effectiveness of treatments but also fosters patients to give continued feedback to the psychotherapist. When the patients have an active role during their treatment process, they can provide meaningful insights about which techniques are the most effective and this feedback not only enhances the effectiveness of CBT treatment but also highlights the inclusion of new developments into the therapeutic process. Inclusion of new therapeutic innovations ensures that CBT stays the most prevalently used, effective and dynamic approach to treat a wide range of psychological concerns (Thew et al., 2022).

Recommendations for treating substance use disorders are given below to enhance the effectiveness of this approach in the Northern Cyprus.

6.1. Using Virtual Reality (VR) in CBT Sessions for Substance Misuse

Exposure therapy is one of the common techniques that is widely used during the CBT sessions with the main goal of preparing the patients to avoid their unhealthy behaviours even in triggering situations. Recent technological developments provide promising insights that delivering CBT sessions for substance misuse, with the combination of Virtual Reality (VR) increases the effectiveness of the given psychotherapy sessions and exposure therapies. VR simulations can recreate real life scenarios about personalised risky situations or triggering situations, leading patients to practice healthy coping strategies that they have learned during their CBT session, in a controlled, safe environment. For instance, a virtual peer group setting can be recreated to help someone with substance misuse to learn how to handle the social pressure that they might have about using illicit substances. Furthermore, a virtual simulation of a triggering situation can also be recreated to teach the patient about how they can regulate and manage stressing situations without using the illicit substances. At the same time, exposing patients to triggering situations could enable the CBT psychotherapist to establish necessary tools within the sessions and provide immediate feedback to enhance the efficacy of the sessions. To conclude, with the recent technological advancements, the usage of VR is increasing and including VR into the CBT sessions promises to improve treatment outcomes and prevent relapse risk (Dreier, 2018).

6.2. Remote CBT Delivery Through Specifically Designed Hotlines

When individuals are under triggering situations, they might find it difficult to apply the information that they have learned during their CBT psychotherapy sessions especially during the initial stages of their treatment. If the patients do not apply healthy coping strategies to the real time triggering events, and continue to consume illicit drugs, their motivation towards therapy treatment can be negatively affected. Therefore, the usage of technological advancements becomes more critical especially for substance misuse treatments. The development and usage of *specifically designed hotline* platforms can enhance the effectiveness of CBT sessions both for substance misuse treatment and prevention. The ability to access therapy sessions immediately diminishes their chances of relapse. To conclude, by designing such

platforms, individuals can receive continuous secure support which can help them maintain their recovery journey to supplement their traditional CBT therapy sessions (Kiluk et al., 2019).

6.3. Technology-integrated Interventions

Designing smartphone applications and online platforms provides promising insights about how they can be used as a supplementary tool to the CBT sessions and enhance the outcomes of CBT. Such interventions could provide continuous additional support for the individuals. For instance, self-monitoring, goal setting, and communication with support groups can be used as an extra tool for individuals and these tools can enhance the recovery process (Dagöo et al., 2014).

6.4. Mindfulness-based Cognitive Therapy Relapse Prevention (MBCTRP)

Self-awareness is a crucial trait, as most individuals report that they become mindless especially under the triggering situations; thus, they cannot control their addictive behaviour. From the onset of the CBT sessions, creating a self-awareness becomes one of the first goals for the psychotherapist. Therefore, combining Mindfulness Based Relapse Prevention Program with Cognitive Therapy can be beneficial for substance users to maintain the recovery as this combination could encourage them to develop self-awareness and healthy emotional regulation skills as they will be more likely to realize and respond to triggers effectively (Grow et al., 2015).

6.5. Cognitive Based Group Therapy

Traditional group therapies have been found to be an effective supplementary approach when treating substance misuse. Combining traditional group therapies and creating Cognitive based group therapies can enhance the effect of such approaches even more as allowing individuals to understand that they are not alone, they can share their unique experiences, learn from each other and receive support from those who have faced similar problems (Waldron & Kaminer, 2004).

In conclusion, CBT is an established psychotherapy approach grounded in flexibility, adaptability and incorporation of new developments. Incorporating CBT with recent technological advancements such as VR therapy and telehealth platforms can enhance the effectiveness of this approach. Adding recent technological developments offer a holistic approach for treatment and prevention of substance misuse. By addressing cognitive and behavioural patterns, providing unique coping strategies, and leveraging innovative tools, CBT empowers individuals to overcome addiction and maintain long-term recovery in a digitally connected world (Carroll & Kiluk, 2017).

Declaration of Conflicts Interests

The author declares that they have no conflict of interest to disclose.

Funding

The author received no financial support for the research, authorship, and/or publication of this article.

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