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Using Cognitive Behavioural Therapy for Relationship Counselling and Addiction Counselling by [LondonTherapyFoundation](#)

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Many different problems are found to affect people these days. There are many different types of therapy that can be used to help most people. Today there are many counsellors who look to cognitive behaviour therapy to help with relationship counselling and addiction counselling.

Cognitive behavioural therapy is often used to change the thought process and reactions of many different types of mental conditions today. It is also found to be useful in dealing with issues for couples or addicts. The additional of cognitive behavioural therapy in relationship counselling and addiction counselling has shown very positive results.

Using cognitive behavioural therapy involves helping the person adjust how they think about things and how they react to situations. For example a child who has attention deficit disorder needs to learn to control their impulses and work on focusing on the task at hand. Cognitive behavioural therapy helps with this redirection of thoughts.

Addiction counselling and relationship counselling often times go hand in hand. Unfortunately many addiction counselling patients are also having problems with their spouse or partner that leads to the need for relationship counselling. These two forms are often combined into the same treatment plan.

Getting help for an addiction first requires that the person admits they are addicted. Addiction counselling starts out by helping that person to realize the problem that they have. After the patient understands the problems, addiction counselling can help them learn how to beat that habit.

Relationship counselling covers a wide range of issues today. There are first many different types of relationships that may need this type of assistance. Getting relationship counselling is also often a part of addiction counselling. Cognitive behavioural therapy can be used here as well. The use of cognitive behavioural therapy is effective in many different ways these days.

The use of cognitive behavioural therapy in relationship counselling often times must be implemented carefully. No one likes to admit that the issues within the relationship may be a result of their own thought process or way of reacting to things. Using this type of therapy can gradually help each party understand each other better and as a result resolve the issues that they may be having.

Getting the right type of help is crucial to your recovery. When you begin your therapy you are likely to feel uncomfortable discussing things. Over time you will be more comfortable in opening up to your therapist and getting the advice and help that you need.

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Many people are finding that they need to have some type of therapy at one point in their life. Whether it is for grief counselling, cognitive behavioural therapy or addiction issues, you will find that there are a variety of options available to help you get the help that you need today. For more information on the available sources for this type of counselling, visit <http://www.londontherapyfoundation.com> today.

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relationship counselling, cognitive behavioural therapy, addiction counselling

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