Ryan

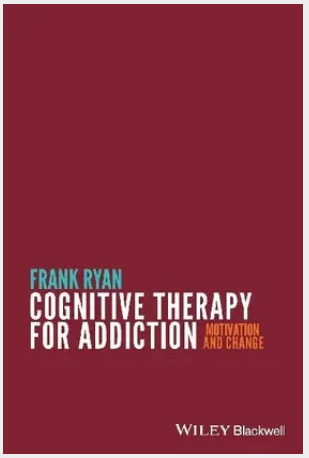
Cognitive Therapy for Addiction

Motivation and Change

An innovative new approach to addiction treatment that pairs cognitive behavioural therapy with cognitive neuroscience, to directly target the core mechanisms of addiction. - Offers a focus on addiction that is lacking in existing cognitive therapy accounts - Utilizes various approaches, including mindfulness, 12-step facilitation, cognitive bias modification, motivational enhancement and goal-setting and, to combat common road blocks on the road to addiction recovery - Uses neuroscientific findings to explain how willpower becomes compromised-and how it can be effectively utilized in the clinical arena

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