



CBT and Mindfulness For Addictions

Group Therapy | Fridays @ 12:30pm

Cognitive Behavioral Therapy (CBT) has been proven across many clinical studies to be effective in helping people treat issues related to substance use. CBT addresses unhelpful thought patterns and maladaptive behaviors, while the group format provides an opportunity for secure human connection, all of which are part of the underlying causes of addiction. Mindfulness is an evidence-based approach for reducing distress, coping with difficult emotions, and overcoming wounds of the past. If you are struggling with addiction and recovery, this group can give you both concrete tools for dealing with addiction and a confidential place to discuss your difficulties. Please contact us if you would like to learn more or are ready to set up a consultation.

Contact:

(212) 337-0600

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Therapy provided by Roddick CBT in collaboration with NYC Cognitive Therapy