



Cognitive Therapy for Addiction: Motivation and Change

Frank Ryan

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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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