

Psychosocial Interventions for Substance Use Disorder Treatment	
Treatment	Key Concepts
Behavioral couples therapy (BCT)	Significant others actively engage their partners in recovery
Cognitive behavioral therapy (CBT)	Critical analysis of thoughts and behaviors that trigger and sustain SUDs
Community reinforcement approach (CRA)	Patients learn to choose a healthy lifestyle over one filled with alcohol and drugs
Contingency management (CM)	Rewards are used to increase healthy, recovery-oriented behaviors
Drug counseling	Counselors support recovery and abstinence
Medical management	Prescribers manage medications for SUDs, provide education, and support abstinence
Motivational interviewing (MI)/ motivational enhancement therapy (MET)	Behavioral change is activated by highlighting discrepancies between a patient's future goals and present actions
Twelve-step facilitation (TSF)	A structured approach to incorporating twelve-step principles into therapy

From the Clinical Update:
"Primer: Evidence-Based Psychosocial Interventions for Substance Use Disorders"
The Carlat Addiction Treatment Report, Volume 7, Number 6, September/October 2019
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