

A 26-year-old client presents to the PMHNP for therapy. The client was recently discharged from an inpatient substance use disorder treatment program for alcohol use. Although he is committed to his sobriety, he is struggling to navigate social situations where alcohol is available. All of his friends drink alcohol socially. His sobriety is creating problems with his partner as he continues to consume alcohol in their home. He is having trouble expressing his concerns to his partner out of fear his partner will leave the relationship

Answer:

I would recommend Cognitive Behavioral Therapy (CBT) for this client. CBT is a type of therapy that focuses on helping clients identify and modify negative thought patterns and behaviors that may be contributing to the problem. In this case, CBT could help the client to recognize his triggers for drinking and develop healthier coping strategies to manage social situations where alcohol is present. It could also help the client to better understand his partner's perspective and to communicate his concerns more effectively.

Step-by-step explanation

Cognitive Behavioral Therapy (CBT) is an evidence-based form of psychotherapy that is used to help clients recognize and modify negative thoughts and behaviors. CBT focuses on helping clients to identify and modify dysfunctional thought patterns and behaviors that can be contributing to their current problems. The goal of CBT is to help clients develop healthier coping strategies to manage their emotions and behavior.

In the case of this 26-year-old client, CBT could be useful in helping him to recognize his triggers for drinking and develop healthier coping strategies to manage social situations where alcohol is present. CBT could also help the client to better understand his partner's perspective, and to communicate his concerns more effectively. By recognizing and modifying his negative thought patterns and behaviors, the client could gain a better understanding of how his drinking affects his partner and their relationship and develop healthier ways to manage his sobriety in social situations.

CBT is a collaborative process in which the client and therapist work together to identify the underlying causes of the problem and develop achievable goals to help the client manage their issues. Through the process of CBT, the client can learn how to identify and modify their negative thoughts and behaviors, develop healthier coping strategies, and gain the skills needed to effectively manage their sobriety.