

CBT FOR OVERCOMING ALCOHOL PROBLEMS

If you're concerned that you might be drinking too much, you aren't alone. Approximately 30% of college students in the U.S. engage in binge drinking. Binge drinking can cause health problems, unsafe behaviors, and even death. About 1 in 4 students report having academic difficulties because of drinking (NIH, 2024).

The good news is that the "sober curious" movement has led to a significant decrease in alcohol abuse for Generation Z. Drinking among college students has decreased 72% in the past 2 decades (Forbes, 2024). This change reflects an increased focus on wellness and health.

If you'd like to examine and modify your relationship with alcohol, CAPS has a program to help.

What is CBT for Overcoming Alcohol Problems?

This evidence-based treatment will help you study your drinking habits and work towards more healthy behaviors. It is typically completed in 12 sessions that last about 45 minutes each.

Adapted from *Treatments that Work: A Cognitive Behavioral Treatment Program for Overcoming Alcohol Problems* (2009).

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What skills will I learn in CBT for Overcoming Alcohol Problems?

- Exploring what leads you to drink and what keeps you drinking
- Learning how to change habits and environmental factors that encourage drinking
- Learning how to deal with urges to drink
- Learning how to regulate emotions
- Examining how to increase your social support network
- Learning problem-solving and relapse prevention techniques

How do I sign up for CBT for Overcoming Alcohol Problems?

Talk with your current CAPS therapist to learn more about CBT for Overcoming Alcohol Problems.

You can also contact the CAPS Front Desk by calling **(931) 598-1335** or emailing **caps@sewanee.edu** to schedule a consultation today.

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