

“Behavioral Therapies”

Episode Overview

In this episode, I explore the behavioral therapies behind the use of recovery from opioid use disorder. I walk through the evidence behind cognitive behavioral therapy, motivational interviewing, and contingency management. I review evidence on how these therapies work, what research shows about their effectiveness, and where their limitations appear. I also discuss newer integrative approaches and examine how real-world barriers shape access and implementation.



- Behavioral therapies such as CBT, motivational interviewing, and contingency management significantly improve treatment outcomes when paired with medications for opioid use disorder (MOUD).
- Contingency management has strong empirical support and becomes even more effective when combined with medications like methadone or buprenorphine.

TAKEAWAYS

- ✓ Behavioral therapies address the psychological side of opioid use.
- ✓ Motivational interviewing boosts engagement when part of a larger plan.
- ✓ Contingency management is effective but limited by stigma and barriers.

References & Future Reading

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