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## Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) for dealing substance craving among substance abusers

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The present study explored the efficacy of Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) for dealing substance craving among substance abusers. It was hypothesized that Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) are likely to be more effective for dealing craving than Rational Emotive Behavior Therapy (REBT). Repeated measure research design was employed and non probability purposive sampling was used to draw a sample of 20 patients who had undergone treatment for substance used disorder from addiction wards, Punjab Institute of Mental health (PIMH) and Fountain House, Lahore. Demographic Information Sheet, History take examination and Brief Substance Craving scale (BSCS) were used to assess demographic information, history of patients related to drug abuse and craving level (before and after the treatment). T test indicated that REBT with EFT is more effective for dealing craving than REBT. The present study contributes for the importance of eclectic approach in the treatment through this approach patients gain help for controlling craving issue not only for physical craving as well as psychological craving with very short of time.

### Biography

Adeela Saba has completed advance Diploma in Clinical Psychology from University of Sargodha, Pakistan. She is working as Psychologist at Global Welfare Organization, Pakistan.

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