

★ What It Is ★

Cognitive Behavioral Therapy (CBT) is a short-term, goal-orientated treatment that focuses on problem solving present-day issues. It is strongly supported with research and typically can be effective in fewer than 12 sessions.

★ How It Works ★

CBT works by helping you identify unhelpful patterns of thinking and behavior. Once you identify these patterns, you can learn to develop more helpful and flexible responses.

★ What It Helps ★

Extensive research has shown CBT can be effective for depression, anxiety, chronic pain, panic disorder, substance use disorder, eating disorder, obesity, chronic fatigue, and many other issues and conditions. CBT can be effective for acute (short-term) or chronic (long-term) problems.

Counseling Sessions Focus On

- Learning to recognize unhelpful ways of thinking
- Learning to improve your emotions through modifying unhelpful ways of thinking
- Learning life-long skills
- Changing your behavior based on new thoughts
- Practicing skills out of session

Goals Include

- Identifying distorted ways of thinking
- Modifying ways of thinking to be more accurate & helpful
- Changing unhealthy /unhelpful behavioral patterns
- Relating to others in a more balanced and healthy way

★ ★ ★ Ask your clinician about CBT today ★ ★ ★

