

Cognitive Behavioral (CBT)

We use Cognitive-behavioral therapy techniques in many of our interventions. Cognitive Behavioral therapy focuses on how we think, how we feel and what we do. Cognitive Behavioral therapy is based on the idea that our clients thoughts, rather than people or events, cause our negative feelings about these people or events. We assist our client in identifying dysfunctional beliefs, testing the reality of these beliefs, and correcting our dysfunctional beliefs impacting our clients thinking. As a Cognitive Behavioral therapist we assist our client in changing these thoughts and the resultant behaviors that flow from those negative thoughts. As a Cognitive Behavioral therapist develop a collaborative intervention between the CBT therapist and our client that often includes homework assignments to be completed between sessions. CBT has been clinically proven to assist client improvement in a relatively short period of time with a wide variety of issues and problems, including anxiety and depression.