



Cognitive Behavior Associates is one of the largest cognitive behavior therapy practices in southern California. We specialize in short-term, problem-focused therapy. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and practice the most current treatments supported by empirical research. Each clinician differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

It is our philosophy that a patient who is well-informed about their disorder will be more successful in therapy. We try to make use of a collaborative relationship between the client and the therapist, as well as consultation with all other health care providers. Being as clear as possible about what treatment will consist of allows us to provide the best quality services to each of our clients.

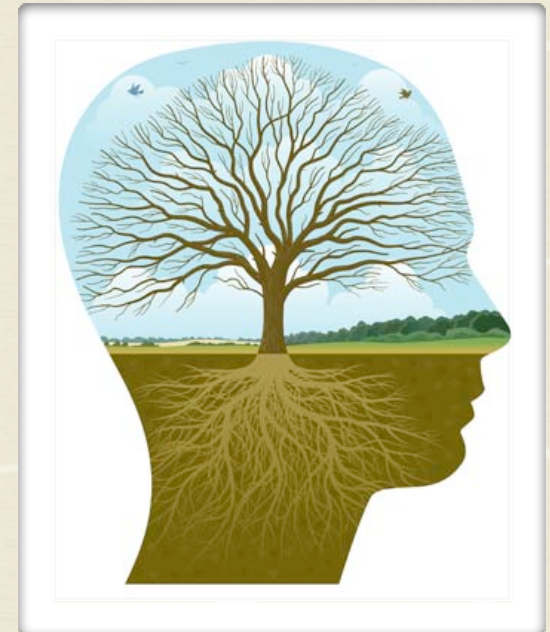
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COGNITIVE BEHAVIOR THERAPY



What is Cognitive Behavior Therapy?

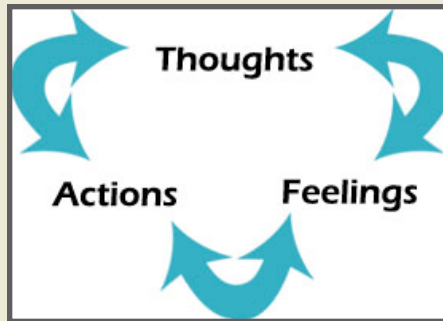
Cognitive Behavior Therapy (CBT) is a method of psychotherapy that involves helping people to see how their thoughts and behaviors relate to the way they feel and how this might contribute to their problems. CBT primarily developed through the merging of two therapies: Cognitive Therapy and Behavior Therapy. This integration of Cognitive and Behavioral practices and theories is then applied as one unified treatment.

CBT is based on extensive findings in clinical research and applying them to individual problems. CBT only uses techniques and interventions that have been demonstrated to work in rigorous clinical studies, including many done through the National Institute of Mental Health. CBT has been applied to the full range of disorders, some of which include:

- Generalized Anxiety Disorder
- Attention-Deficit/Hyperactivity Disorder
- Panic Disorder
- Couples Therapy
- Bipolar Disorder
- Phobias
- Obsessive-Compulsive Disorder
- Irritable Bowel Syndrome
- Depression
- Insomnia
- Social Phobia
- PTSD

How does Cognitive Behavior Therapy Work?

CBT is based on the notion that our actions (what we do), our thoughts (what we think), and our emotions (what we feel) are all interrelated. For example, people who are depressed or anxious tend to have negative thoughts such as 'I am a failure' and 'No one could like me'. As a result they might stop seeing their friends or family, or avoid doing things that they usually find pleasurable. Cognitive therapy focuses on making patients aware of specific thought patterns that feed their problems and teaching them to try new ways of thinking.



Sometimes CBT focuses more on helping people to change their behavior. For example, someone who is anxious about being on buses or trains might start to avoid traveling, which then leads to more and more avoidance. Eventually the person finds themselves unable to go out at all. Behavior Therapy encourages patients to start to face the situations that they fear and gradually gives them back their confidence.*

* Examples taken from the UK Department of Health pamphlet "CBT for people with Depression and Anxiety"

What to Expect?

Each new client begins with an evaluation consisting of an interview and the use of some pencil-and-paper tests to allow the clinician a complete understanding of the problem. The clinician then develops a treatment plan that includes treatment goals, empirical measures, and interventions to serve as a guide for both the clinician and the patient.

After the development of a treatment plan, clients are engaged in reading materials, writing assignments and behavioral experiments. Clients learn how to work with their cognitions and behaviors in many ways that help them to overcome their problems. Progress is continually measured throughout the treatment to ensure that therapy is working. This results in more positive thoughts, emotions, and healthier behavior.



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