



PSYCHOLOGICAL TREATMENT

ABOUT THE THERAPY

Cognitive Behavioral Therapy is a problem-focused type of intervention. Rather than an in-depth focus on past experience, cognitive behavioral therapy (CBT) seeks to teach children to become their own therapist. This is done by helping the kids identify patterns of thinking, and identifying where and when those patterns get them into trouble and where they work well. Using problem solving strategies and skill building techniques the child, parent, and therapist work together to change dysfunctional thoughts and replace them with more proactive thoughts and behaviors.



CBT emphasizes collaboration and ongoing effort outside of the therapy session. Children will regularly be assigned homework (don't worry, it's fun and they get prizes) to increase their awareness of their own feelings. Frequently they will need some assistance from their parents to help identify and record this information. The connection between feelings, thoughts, and behaviors will be a central part of our discussion as will the ability of the child to make changes within that "circle".

FORMAT & DELIVERY

CBT is delivered according to a hands-on protocol. The treatment is not open ended but follows a strict number of pre-designed sessions. Typically the child signs up for 12 sessions. The child and the therapist may start meeting more intensively to begin with. As the therapy progresses, the time between sessions will increase to allow for the child to put the newly acquired skills and beliefs into practice.