

May/June 2019

West Niagara Psychology Centre

www.westniagarapsychology.ca

Cognitive Behavior Therapy (CBT)

Cognitive Behavior Therapy or CBT is a form of psychological intervention that, when administered by a trained therapist, can be helpful with people of all ages and effective for many different mental health concerns. CBT has developed as a result of research demonstrating its effectiveness and is known to be helpful for addressing concerns related to anxiety, depression, ADHD, PTSD, Insomnia, and eating disorders.

CBT involves learning new skills to manage symptoms and to increase positive coping skills. It helps people reframe negative thinking patterns into more positive ones and it teaches people new ways of thinking and behaving. Thoughts, feelings, and behaviors are interconnected and so, if you change one of them, it has an effect on the other two. CBT is useful in challenging specific fears by creating an “exposure hierarchy” and slowly exposing oneself to the feared stimulus while engaging in stress reducing thoughts and behaviors (e.g., breathing). More general forms of anxious or negative thinking respond well to thought challenges when identifying “cognitive distortions”. CBT helps to get at the “root cause” of negative and repetitive thinking patterns, to change specific behaviors, and to promote more positive coping skills.

Quote of the Month

Our greatest weapon against stress is our ability to choose one thought over another.

William James

BOOKS & RESOURCES

“Mind Over Mood” by Greenburger and Padesky

“The Worry Workbook for Teens: Effective CBT strategies to Break the Cycle of Chronic Worry and Anxiety” by J. Micco

“When Perfect Isn’t Good Enough” by M. Antony

“Ending the Depression Cycle” by M. Antony

APPS: Moodnotes, Pacifica, PTSD Coach, TruReach

www.anxieties.com

WHAT’S NEW IN GROUP?

The next **Worry Warriors group** will begin mid September 2019 on Tuesday evenings for children between the ages of 8 and 12 years (8-10 or 10-12 year old groups). Please call the office to indicate your interest. Enrollment is limited and specific age groups will depend on interest.