ARE YOU READY TO CHANGE
THE CONVERSATION?

I'm not worthy...
not lovable...
...and never
good enough

IMAGINE HAVING ACCESS
TO TREATMENT THAT
OPENS YOUR LIFE ...

IN A FOCUSED,
SCIENTIFICALLY
RESEARCHED &
PROVEN WAY...

COGNITIVE BEHAVIOR
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Cognitive-Behavioral Therapy is a relatively short-term, focused form of psychotherapy for a wide range of psychological problems. Cognitive-Behavioral Therapy, or CBT, is used to help treat a range of problems such as depression, anxiety, eating disorders, and substance or alcohol abuse. CBT is a structured, goal-oriented approach focused on influencing dysfunctional thoughts, emotions, and behaviors. Our goal is to help our clients learn to replace or transcend dysfunctional thoughts and behaviors with more realistic and useful ones. Clinical studies have proven that CBT, either as part of one-on-one sessions or in groups settings, can effectively treat many clinical issues. Our goal is to help our clients address their problems quickly and effectively.

WHAT IS CBT?

Cognitive behavior therapy is one of the few forms of psychotherapy that has been scientifically tested and found to be effective in hundreds of clinical trials for many different disorders. Cognitive Behavior Institute founder Dr. Caridad is certified by the Academy of Cognitive Therapy and has proven expertise with CBT.

WHAT WE TREAT

WHAT TO EXPECT IN A TYPICAL SESSION

• DEPRESSIVE DISORDERS  
• GENERAL ANXIETY DISORDER  
• EATING DISORDERS  
• SOCIAL ANXIETY  
• MOOD DISORDERS  
• OBSESSIVE COMPULSIVE DISORDER  
• MARITAL CONFLICT  
• WEIGHT CONTROL  
• ACADEMIC PROBLEMS  
• SPORTS PERFORMANCE  
• LACK OF MOTIVATION  
• LIFE STRESSORS  
• CHRONIC PAIN  
• COPING MEDICAL PROBLEMS  
• BEREAVEMENT  
• TRICHOTILLOMANIA  
• TINNITUS  
• ADDICTIONS

SCIENTIFICALLY TESTED & PROVEN

In contrast to other forms of psychotherapy, cognitive therapy is usually more focused on the present, more time-limited, and more problem-solving oriented. In addition, patients learn specific skills that they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors.

OUR MISSION

We strive to improve community through healthy individuals by treating children of all ages, adults, couples, and families.

WHAT TO EXPECT IN A TYPICAL SESSION

Even before your therapy session begins, your therapist may have you fill out certain forms to assess your mood. Depression, Anxiety and Hopelessness Inventories help give you and the therapist an objective way of assessing your progress. One of the first things your therapist will do in the therapy session is to determine how you’ve been feeling this week, compared to other weeks. This is what we call a mood check. The therapist will ask you what problem you’d like to put on the agenda for that session and what happened during the previous week that was important. You will also learn new skills.

Then the therapist will make a bridge between the previous therapy session and this week’s therapy session by asking you what seemed important that you discussed during the past session, what self-help assignments you were able to do during the week, and whether there is anything about the therapy that you would like to see changed. Next, you and the therapist will discuss the problem or problems you put on the agenda and do a combination of problem-solving and assessing the accuracy of your thoughts and beliefs in that problematic situation. You will also learn new skills.

You and the therapist will discuss how you can make best use of what you’ve learned during the session in the coming week and the therapist will summarize the important points of the session and ask you for feedback on what was helpful about the session, what was not, anything that bothered you, anything the therapist didn’t get right, anything you’d like to see changed. As you will see, both therapist and patient are quite active in this form of treatment.

HOW IS COGNITIVE THERAPY DIFFERENT FROM OTHER THERAPIES?

• CBT employs a positive, active, educational approach that focuses on teaching you how to change and on seeking solutions rather than just simply talking about your past, or “exploring” your feelings and problems.

• CBT is provided within an emotionally supportive, empathic relationship, giving you the opportunity to express feelings and receive caring in addition to working directly on positive changes in your thinking and your life.

• Treatment is typically short term because it is focused on specific goals and treatment techniques based in a clear plan we have created that guides the treatment process.

• CT emphasizes a collaborative relationship between the therapist and the client wherein they work together to identify the goals for therapy and implement the treatment strategies. Each client is assisted in using CT/CBT techniques that will help to resolve current areas of difficulty and learn skills that will be useful in preventing relapse and dealing with future challenges.

SKILLS FOR LIFE

In contrast to other forms of psychotherapy, cognitive therapy is usually more focused on the present, more time-limited, and more problem-solving oriented. In addition, patients learn specific skills that they can use for the rest of their lives. These skills involve identifying distorted thinking, modifying beliefs, relating to others in different ways, and changing behaviors.