

Cognitive-Behavioral Therapy (CBT)

- Examines the relationships between thoughts, feelings and behaviors.**
- Explores patterns of thinking that lead to maladaptive actions.**
- Teaches healthy coping mechanisms and new behaviors.**
- Is active, goal-directed and focused on solving problems.**
- Is extensively researched as to effectiveness.**
- An Individualized Treatment Plan is drafted.**
- Out of session homework assignments are given and monitored.**
- The relationship between the therapist and client is not analyzed.**