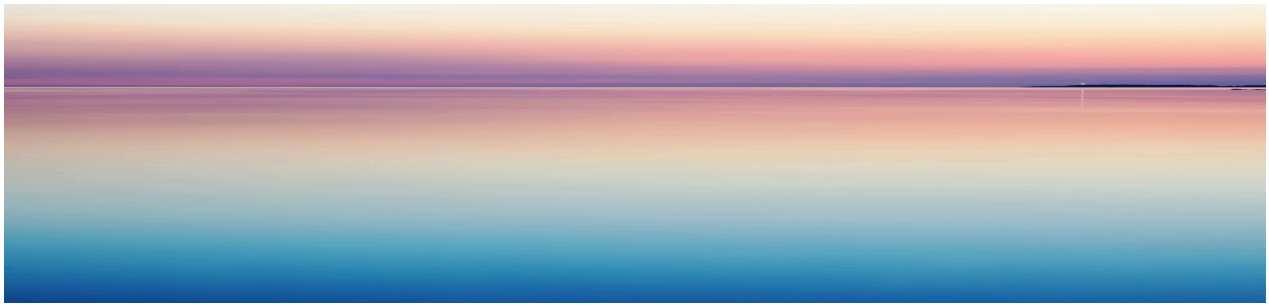

Cognitive behavioral therapy (CBT) is a treatment approach that helps you recognize negative or unhelpful thought and behavior patterns. CBT aims to help you identify and explore the ways your emotions and thoughts can affect your actions. Once you notice these patterns, you can begin learning how to change your behaviors and develop new coping strategies. CBT addresses the here and now, and focuses less on the past. For some conditions in some people, other forms of psychotherapy are equally or even more effective. The key is that there is no one size that fits all.

We help you change the rewiring of your brain by helping you undo counter productive patterns of thought and behaviors and replacing them with productive ones.

The amygdala is responsible for processing strong emotions, such as fear, pleasure, or anger. It might also send signals to the cerebral cortex, which controls conscious thought. Signals sent from the thalamus to the autonomic nervous system and skeletal muscles control physical reactionThe development of the brain reflects more than the simple unfolding of a genetic blueprint but rather reflects a complex dance of genetic and experiential factors that shape the emerging brain. Understanding the dance provides insight into both normal and abnormal development.

Dialectical behavior therapy (DBT) is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.

Solution-Focused Brief Therapy (SFBT) is a goal-focused evidence-based therapeutic approach, which incorporates positive psychology principles and practices, and which helps clients change by constructing solutions rather than focusing on problems.

Our approach is evidence based which emphasizes integrating the best-available research with clinical expertise in the context of the patient's culture, individual characteristics, and personal preferences. The best research evidence refers to data from meta-analyses, randomized controlled trials, effectiveness studies, and process studies, as well as information obtained from single-case reports, systematic case studies, qualitative and ethnographic research, and clinical observation. We understand that the effectiveness of any psychotherapy is influenced by the unique characteristics of each patient, such as developmental history and life stage, personal problems, strengths, personality structure, functional status, readiness to change or engage in psychotherapy, degree of social support, and family and sociocultural factors.