

# Community Family Guidance Center

MENTAL HEALTH MONTHLY NEWSLETTER

## Individual Cognitive Behavioral Therapy

### What is it?

**Individual Cognitive Behavioral Therapy (I-CBT)** is a mental health treatment model that we offer to adults and adolescents age 16 and older. It is the gold standard evidenced based treatment model used to treat depression and anxiety. I-CBT is based on the idea that the way we think and feel affects the way we behave. The goal of this therapy is to work on changing our negative thought patterns in order to change the way we respond to difficult situations.

### Who is it for?

I-CBT is effective in the treatment of a wide range of issues, including depression, anxiety, and trauma related symptoms. If the individual (age 16 and above) you are considering referring to this program has one or more of the following symptoms, I-CBT may be of help:

- Frequent negative thoughts such as “I’m not good enough”, “there’s no point in trying”, “nobody likes me”, “it’s all my fault”, “I’m a bad person”, “nothing turns out right”, “something bad is going to happen”, “I am a disappointment”, or “nobody cares”
- Irritable, angry or easily annoyed
- Feeling sad or unable to get motivated
- Feelings of fear or lack of trust in others
- Difficulty sleeping; nightmares
- Worrying too much or too often
- Unable to move forward from past experiences
- Worrying too much about the future

### History of CBT

Cognitive Behavioral Therapy was pioneered by Dr. Aaron T. Beck in the 1960’s, while he was a psychiatrist at the University of Pennsylvania. Dr. Beck’s research found that depressed people experience negative automatic thoughts that fall into three categories: negative ideas about themselves (“I’m not good enough”), negative ideas about the world/others (“people can’t be trusted”) and negative ideas about the future (“failure is inevitable”).

#### THIS NEWSLETTER HIGHLIGHTS:

An evidence based treatment for anxiety and depression.

*"More than 1,000 studies have shown that CBT is effective."*

*For MediCal Clients*

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Services, Call  
**(855) 329-8080**



## Individual Cognitive Behavioral Therapy (continued)

### History of CBT (continued)

Dr. Beck's work therefore focused on helping his patients identify, challenge, and ultimately change their negative automatic thoughts and beliefs. As a result, his patients were able to think more clearly, they felt better emotionally, and they were able to behave in more functional, healthy ways that resulted in long-lasting change.

### Evidence for success

More than 1,000 studies have shown that CBT is effective in treating a wide variety of mental and emotional problems.

### What Clients Can Expect

Individual therapy sessions take place once per week. Sessions are 45 to 50 minutes long. Length of treatment is usually between 18 and 52 sessions. Clients will learn to identify, challenge, and ultimately change their negative automatic thought patterns and negative beliefs. Clients get "homework" to do between sessions, which may include exercises designed to apply the skills learned in therapy to situations in their day-to-day lives. Clients will be actively engaged and involved in discovering ways to improve their own lives by adjusting their thinking and approach to everyday situations.

**Want to learn more? Check out these links:**

[Anxiety And Depression Association of America](#)

[CDC Depression](#)



**Service Request Hotline**  
**(855) 329-8080**

**[www.cfgcenter.com](http://www.cfgcenter.com)**

We are a team of people assisting children, young adults and parents feel empowered and supported through their healing process. We provide a spectrum of services varying from early intervention to intensive services to individuals 0-20 years old with MediCal insurance.

Our team of professionals include board certified child psychiatrists, master's level board licensed or associate therapists, case managers, parent partners and child and family specialists. During COVID-19 we are providing services as recommended by our local and state government which include video and telephone sessions.

Our programs include treatment provided by certified therapists who are knowledgeable, compassionate and can provide scientifically based interventions. Our programs include evidence based treatment for anxiety, depression, traumatic stress, behavior problems, parenting skills and emotional and behavioral dysregulation.