

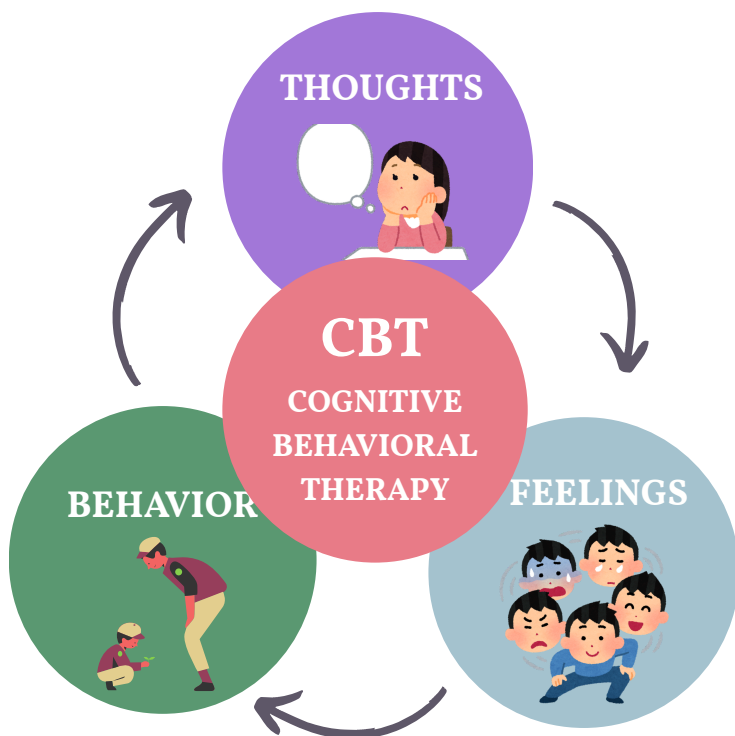


Cognitive Behavior Therapy for Children and Adults

Cognitive behavior therapy (CBT) is one of the most researched and widely practiced approaches in psychology today. The basic tenets are that **thoughts, feelings, and behaviors** are interconnected in a fluid cycle and that any change in one of these areas affects the others. Problems such as anxiety and depression can be addressed by intervening at any one of the three levels

Now Accepting Referrals

- CBT for Children and Adults with Anxiety and Mood Disorders
- Parent Counseling
- Psychological Testing for ADHD and Learning Difficulties in Children and Adults
- Evaluation for Autism Spectrum Disorders-Children & Adults



Therapists may help their clients identify and correct negative thinking patterns, self-soothe through difficult emotional states, and/or refrain from unhelpful behaviors. Cognitive behavior therapy includes but is not limited to changing negative “self-talk”, learning new relaxation or coping techniques, and confronting fears. These interventions are adapted for younger clients by incorporating art, play activities, role-play, and parent education. Susan Weltner-Brunton PH.D. and Associates provide CBT along with other approaches dependent upon the needs of their clients. We welcome questions about our services.

KERRY MONAHAN, PSY. D. is available for referrals for neuropsychological and ADHD evaluations for those under age 18.

CAROL SKINNER, PH.D. is now available for referrals for autism evaluations for children and adults, ADHD & learning disorder testing, and executive function counseling for adults.

SUSAN WELTNER-BRUNTON, PH.D. sees older adolescents and young adults for psychotherapy, including CBT.

SABRINA CHOW, PH.D. provides interventions such as CBT for children with ADHD, behavioral, and emotional difficulties and parents.

WE ARE CIN PROVIDERS



Contact Us

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