

Cognitive Behavioral Therapy (CBT)

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What is CBT?

CBT is an evidence-based therapy model that is used in psychotherapy treatment with clients. CBT is utilized to develop new ways of responding and promoting positive thoughts, emotions, and behaviors.

CBT therapy can be used for a range of disorders. Including, but not limited to, anxiety, depression, PTSD, personality, sleep, phobias, and substance use disorders.

Goals

- ❖ Symptom reduction
- ❖ Improve quality of life
- ❖ Replace negative thoughts and actions
- ❖ Learn coping skills
- ❖ Learn and maintain positive effects of therapy

Did you know?

CBT is one of the most effective evidence-based practice for anxiety and depression disorders.

CBT can be as effective as antidepressant medications for depression.

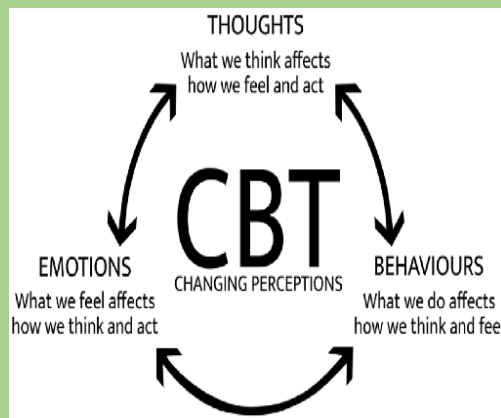


Image from hopementalhealth.com

Treatment Focus

In CBT practice, the focus is on self-monitoring and changing negative thoughts, emotions, and behaviors, skill building, and mindfulness.



Peaceful Mind Mental Health provides mental health services in our Fergus Falls location and via secure, HIPAA compliant video conferencing.

To make an appointment, please create a free account on the online portal and schedule yourself in the next available opening or call the number 218.731.8896.

“We can’t solve problems by using the same kind of thinking we used when we created them.”

-Albert Einstein