



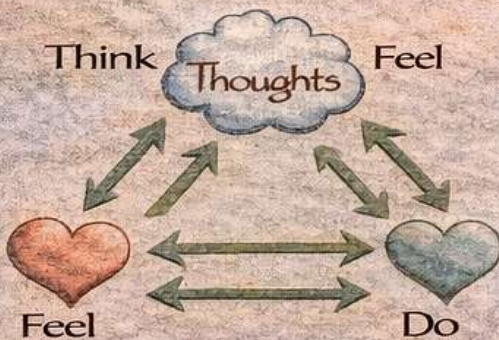
Seasons Counseling Center

Cognitive Behavioral Therapy (CBT)

Helping Children & Teens Manage Thoughts, Feelings, and Actions

What is CBT?

CBT is an evidence-based therapy that helps kids and adolescents understand the connection between their thoughts, feelings, and actions.



By recognizing and reframing unhelpful thoughts, children and teens can cope with challenges in healthier ways.

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How CBT Helps

-  Identifies how our thoughts affect our feelings and behaviors
-  Teaches coping skills to manage worries and regulate emotions
-  Helps challenge negative thoughts that lead to self-doubt or fears
-  Builds confidence to solve problems and make better choices
-  Involves family to reinforce positive coping strategies at home.



We're Here to Help Transform Thoughts & Actions

 Call: (573) 327-9841

 <https://seasoncc.com/>

