

Center for Cognitive Therapy (860) 677-2991

Welcome to the Center for Cognitive Therapy. Thank you for choosing us as your behavioral health care provider. The forms we ask you to fill out help us to assess your problems quickly and to formulate a treatment plan that will benefit you in the shortest time possible.

The first few meetings with your therapist will be focused on obtaining a detailed understanding of the problem(s) that brought you into treatment. The evaluation phase of your treatment requires effort, honesty, and openness. The forms you are asked to fill out will make this process as efficient as possible. The first is a biographical information form that asks for details about specific areas of history and functioning. Four (4) other brief questionnaires ask about symptoms of depression, anxiety, anger and overall satisfaction with life. Please read the instructions carefully for each questionnaire and do not leave any items blank. In cases where the questionnaire items and responses do not seem to match up exactly with your experience, try to find the answer that comes the closest. These instruments provide valuable information for you and your therapist. Your therapist will be discussing the results of the assessment with you.

The focus of cognitive-behavioral therapy is on how you are thinking, behaving, and communicating today. Numerous studies have demonstrated the effectiveness of cognitive-behavioral therapy for a wide variety of problems. You and your therapist will work to identify specific goals during the evaluation phase. These goals can be modified as you continue. Your treatment requires your active participation. What is discussed and learned in treatment sessions is practiced outside of the sessions. By learning to apply new skills in your everyday life significant changes are more likely to occur.

While the cognitive-behavioral approach is useful for a range of specific problems, your therapist is also likely to draw on a number of other psychological approaches. Involving other family members in treatment is sometimes recommended especially in cases of marital difficulties, family discord, and concerns related to child/adolescent behaviors. When dealing with children and adolescents, parent's participation in some of the treatment sessions will be required.

If you have any unanswered questions about any of the procedures used in the course of your treatment please do not hesitate to ask for clarification. We wish you a productive experience and hope that the time you spend with us results in changes that are positive, meaningful, and long-lasting.