

THE POWER OF COGNITIVE-BEHAVIORAL THERAPY

I used to avoid difficult and challenging clients, but now I welcome them. The reason is that Cognitive-Behavioral Therapy has given me a fearless confidence as a therapist. Cognitive-Behavioral Therapy is an empirically supported treatment that focuses on patterns of thinking that are maladaptive and the beliefs that underlie such thinking. Beliefs like “I am worthless” can be radically changed through therapy to “I am special.” Studies have demonstrated that Cognitive-Behavioral Therapy has great usefulness with mood disorders and depression, anger and rage problems, anxiety challenges, substance abuse addiction, panic attacks, eating disorders, job or school difficulties, traumatic childhood hangovers, inadequate coping skills, obsessions, sleep problems, and difficulty staying in relationships.

Cognitive-Behavioral Therapy has been shown to be as useful an antidepressant medication for individuals with depression and is superior in preventing relapse.

Completing homework is a central feature of Cognitive-Behavioral Therapy and I believe releases its true power. If when you attempted to learn your multiplication tables you spent only one hour per week studying them, you might still be wondering what 5 x 5 equals. You very likely spent a great deal of time at home studying your multiplication tables, maybe with flash cards. The same is the case with psychotherapy. Goal achievement (if obtained) could take a very long time if all a person focused on the problem was the one hour a week in therapy. Instead, I take therapy into the arena of life and make it practical for every day living.

The results I have seen with Cognitive-Behavioral Therapy are phenomenal!!!! It has radically turned severe anger to peace, near suicide depression to happiness, intense negative feelings about self to powerfully positive feelings about self. From teenagers to adults, from singles to marrieds, from males to females.....the results are the same....the client starts with diligently following the homework assignments.....baby steps of growth begin....step by step with consistency over time.....the problem radically changes from a negative to a positive!!!!!!!

The Apostle Paul through the inspiration of the Holy Spirit said it best, “whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” (Philippians 4:8-9)

If you know anyone who you think could benefit from Cognitive-Behavioral Therapy, please contact me at 256-766-5707 to reserve space for the first appointment.

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