



Cognitive Behavioral Therapy (CBT)

Cognitive behavioral therapy is one of the most common types of therapy today. CBT aims to solve problems by focusing on the thoughts, images, beliefs and attitudes that we hold (our cognitive processes) and how this relates to the way we behave, as a way of dealing with our emotions.

For example: A woman seeks help for problems dealing with her mother. When her mother yells at her, it triggers the automatic negative thought "I am worthless," which triggers her to spend the following day withdrawn in bed. The therapist can help the client learn to 1) Develop a plan about how often she is around her mother. 2) Evaluate the truthfulness of this thought and any possible arguments against this thought such as "I am valuable to my partner/boss/children". 3) Develop a plan to take a different course of action even if she is feeling hurt by her mother's behavior.

Dialectical Behavioral Therapy (DBT)

Dialectical behavioral therapy is a specific type of Cognitive Behavioral Therapy (CBT). The main goal of DBT is to learn skills to cope with stress, regulate emotions and develop balanced relationships with others. DBT validates current thought processes with the goal of working towards changing unhealthy behaviors. Through the process of accepting their problems, people learn ways to solve the issues and make positive changes. Along with individual therapy sessions, group therapy is often utilized in treatment.

For example: For the woman seeking help dealing with her mother, she might be taught mindfulness skills to be able to identify when her mother is going to react, in order to remove herself from the situation before the emotional attack occurs. She might also be taught self-soothing skills to help her cope with the aftermath of such an emotional attack. She could be further taught to accept that this is who her mother is, but it does not mean she has to allow herself to be treated in such a way.

Gottman's Sound Relationship House

Dr. Gottman's Sound Relationship House contains 7 fundamental components for a healthy and stable relationship. For a more detailed explanation visit:

<http://www.gottmancouplesretreats.com/about/sound-relationship-house-theory.aspx>



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