Valeo Outpatient Psychotherapy Services
Treating Disorders Using Cognitive Behavioral Therapy (CBT)

The world we have created is a product of our thinking; it cannot be changed without changing our thinking. –Albert Einstein

CBT is an evidenced-based and widely accepted treatment for a variety of mental health disorders

CBT believes that thoughts influence feelings and behaviors. By taking control of our thinking we can take control of our lives

CBT is a type of therapy we provide at Valeo BHC

CBT is designed to:

- treat a wide variety of problems including depression, anxiety, phobias and addictions
- be a time-limited and brief process
- teach people how to do CBT on their own
- get results....even if you are not taking psychotropic medications or not experiencing much relief from the medications you are on

“THROUGH CBT I TAKE THINGS FAR LESS PERSONALLY AND HAVE MADE GREAT INROADS WITH BEING MORE OPEN AND SHARING MY FEELINGS; ASKING FOR HELP INSTEAD PRETENDING EVERYTHING IS OK ALL THE TIME”