

CBT stands for Cognitive-Behavioral Therapy and is the only *proven* form of treatment for anxiety disorders, including panic disorder, OCD, phobias, social anxiety and more.

CBT is focused on modifying destructive patterns of behavior and thought with a variety of strategies taught and assigned for practice. One main CBT foundation is that if you change your behavior, your thinking can change and if you change the way you think, your behavior can change.

CBT is an interactive process between psychologist and client. Sometimes, it even involves trips outside of the office with your psychologist to face anxiety in real-life situations with new skills and strategies learned.

First, symptoms are assessed.

Second, strategies are taught in order to obtain skills in handling anxiety. Homework assignments are a common feature.