That test was really hard. I'm not going to get better than a C. I will never get into college. My family is going to be so disappointed in me.

Let's Talk About CBT

Cognitive Behavioral Therapy

It is a short term psychological therapy to treat several conditions including anxiety, depression, eating disorders and trama

CBT Training includes

- Psychoeducation – learn about your diagnosis and how it can affect your life
- Somatic skills management training - learn Relaxation skills, diaphragmatic breathing
- Cognitive restructuring - Challenge negative thinking, overestimate threat
- Exposure - Gradual desensitization to real/imagined feared situation
- Relapse prevention plans

CHALLENGE! Negative Thinking

Ask

I. Why do you think you got a C? What made you think about college, parents, etc?
(cognitive restructuring)
2. What's the actual impact of getting a C on one test?
(overestimating threat)

Myths vs Facts

Myth: CBT is only 'talk therapy' in which people "talk themselves out of being anxious".
Fact: Behavior change is a very important part of CBT. It is just as important that a person learns to change their behavior and act differently in response to their anxiety. CBT looks at thoughts, feelings and behavior.

Myth: CBT emphasizes the power of positive thinking
Fact: CBT emphasizes the importance of realistic thinking. It reduces anxiety by replacing unrealistic, exaggerated thinking with more accurate realistic evaluations.

Myth: CBT is slow and can take many weeks before real benefits are seen.
Fact: Many significant effects can be seen in the first few sessions. You can expect to see improvements within the first 4-6 weeks.

Cardinal Pediatrics

CBT

Cognitive Behavioral Therapy

SPECIFIC INSURANCE RESOURCES

- UNICARE - WV Medicaid MCO: Free ONLINE training for CBT: www.learntolive.com (contact Unicare for login info)

TELEHEALTH

- Appalachian Life Enrichment Counseling Center (681-404-6869) Accepts most insurances including Medicaid
- Mountaineer Psychological Services (304-241-1766) Accepts most insurances including Medicaid;
- Progressive Preventative Health Care (304-842-8852; Accepts most insurances including Medicaid

BRIDGEPORT / FAIRMONT

- Mountaineer Psychological Services (304-241-1766) Accepts most insurances including Medicaid
- Progressive Preventative Health Care (304-842-8852) Accepts most insurances including Medicaid
- Harmony (681-317-8220) Accepts most insurances including Medicaid; multiple locations in WV
- Family & Marital Counseling Center (Clarksburg - 304-622-5323; Weston - 304-269-3923); check insurance
- Appalachian Life Enrichment Counseling Center (681-404-6869) Accepts most insurances including Medicaid
- Burdette Family Counseling Center (304-435-2424) Accepts commercial insurances only

MORGANTOWN

- Mountaineer Psychological Services (304-241-1766) Accepts most insurances including Medicaid;
- WM Counseling (304-381-4831) Accepts most commercial insurances, does NOT accept Medicaid
- Creative Resilience Counseling (304-244-1573)
- Stillwater Counseling (304-554-2292) Accepts most commercial insurances, does NOT accept Medicaid
- Anxiety & OCD Solutions (304-249-8164; Accepts some commercial insurances, does NOT accept Medicaid
- Children in Balance (304-241-1097; Accepts many commercial insurances, does NOT accept Medicaid
- Apex Counseling (304-381-3659)
- Harmony (681-317-85490) Accepts most insurances including Medicaid; Multiple locations in WV

SUMMERSVILLE

- Seneca Health Services (888-736-3229) Accepts most insurances; Locations in Webster Springs, Marlinton, Maxwelton

PARKERSBURG

- Spaulding Psychological Services (304-861-5184, Harrisville 304-643-5399) Accepts most insurances including Medicaid
- Harmony Mental Health (304-917-4741) Multiple locations; Accepts most insurances including Medicaid;
- Westbrook Health Services (304-485-1721, Crisis line: 304-485-1725) Accepts most insurances including Medicaid; Locations in Spencer, Ripley, St. Marys, and Harrisville

WHEELING

If in immediate crisis, goto local ER, UPMC Children's (Western Psych) ER or WVU Reynolds Hospital ER

- Center for Professional Counseling (304-233-2020)
- Enlighten Health Care (304-905-8695); Ages 10+; Accepts most insurances including Medicaid; Med Management only;
- Park Valley (304-218-2023); apply online
- South East, St Clairsville, OH (740-695-9344); Ages 5+; Accepts most insurances including Medicaid
- Village Network, Wheeling + St Clairsville, OH (800-638-3232); Ages 6+, Accepts most insurance except Aetna;
- Wellspring (304-242-7060); Ages 5+18; Counseling only; Accepts only certain insurances;
- West Liberty (304-336-8199); All ages; Counseling only; Does not accept insurance, charges $10/hr

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