Cognitive Behavioral Therapy

Based in Aliso Viejo, California, Dr. Barry Slone is a clinical psychologist with many years of professional experience in providing counseling and therapy to patients with mood and anxiety disorders, substance abuse issues and personality disorders. Dr. Barry Slone believes in and practices solution-focused treatment strategies, such as [cognitive behavioral therapy (CBT)](https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy), which has been scientifically proven to be effective in treating a host of mental disorders, including depression and anxiety.

CBT involves working with a highly trained psychotherapist in a limited number of carefully structured sessions to identify patterns of inaccurate and negative thinking. Being aware of these patterns helps patients to develop a clearer perspective on challenging situations and to respond to them in more effective ways. CBT typically includes the following steps.

1. Identifying the main problems and negative conditions in one's life.
2. Developing awareness of one's mental and emotional reactions to these problems.
3. Learning to recognize negative and inaccurate thoughts and reactions by paying attention to one's responses--emotional, physical and behavioral--in a variety of situations.
4. Developing methods to challenge negative and inaccurate thinking and learning to break the habit of falling into these patterns.

CBT is generally short-term therapy that is completed within 10 to 20 sessions. It has been empirically proven to help patients deal with serious psychological issues and manage stressful situations better.

Dr. Barry Slone provides CBT at his private practice located at:
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