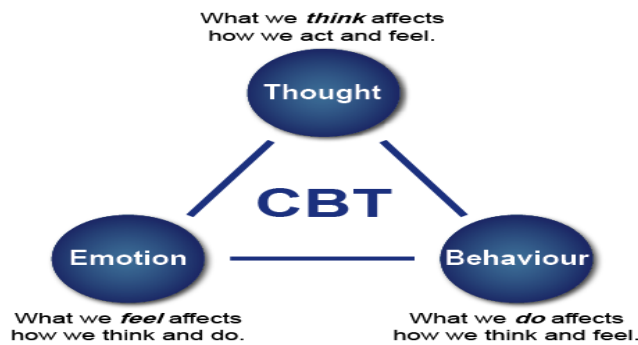
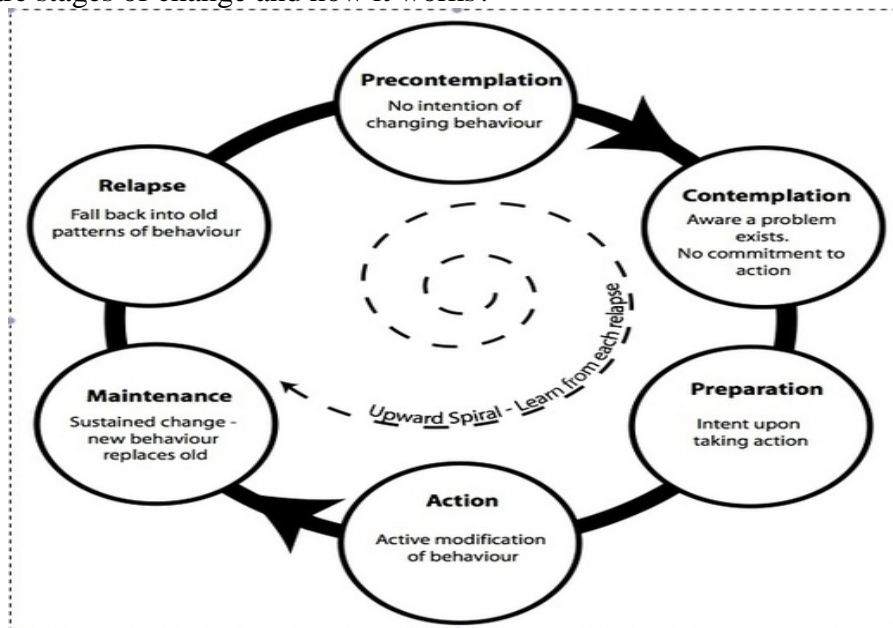


What is CBT and how it works?

Cognitive behavioral therapy (CBT) focuses on exploring relationships among a person's thoughts, feelings and behaviors. During CBT a therapist will actively work with a person to uncover unhealthy patterns of thought and how they may be causing self-destructive behaviors and beliefs.



What are stages of change and how it works?



- What are the professional boundaries as it relates to working with opposite sex clients?
- In [therapy](#), boundaries exist to protect the therapeutic experience. Some of these are obvious. The boundary violation we hear about the most often is therapists having sexual contact with clients (patients). However, there are other boundaries that, when violated in the therapeutic relationship, are also extremely damaging.