

COGNITIVE DYNAMIC THERAPY

Complex Problems require creative solutions. Cognitive Dynamic Therapy is an interactive treatment that systematically combines two of the most powerful approaches to changing human behavior: Cognitive behavior therapy and Psychodynamic Therapy. Cognitive behavior therapy is a brief, symptom focused approach that helps individuals replace negative patterns of thinking, feeling and behaving with more adaptive ways of living. Psychodynamic therapy focuses on changing the underlying conflicts that may cause dysfunctional patterns.

Cognitive Dynamic Therapy seeks an optimal balance between:

- Reducing current symptoms and resolving underlying causes
- Focusing on present issues and working through past traumas
- Developing practical self-regulation skills and promoting an empathetic environment that fosters deeper self-exploration
- Insight and action. Many people find that insight, while important, is not always sufficient to produce change. Actively translating insight into changing how one thinks, feels, and acts must be achieved.

CONTACT US

If you wish to schedule an initial session, or inquire further about specialized services and consultations, please call (412) 687-8700:

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Cognitive Dynamic Therapy Associates



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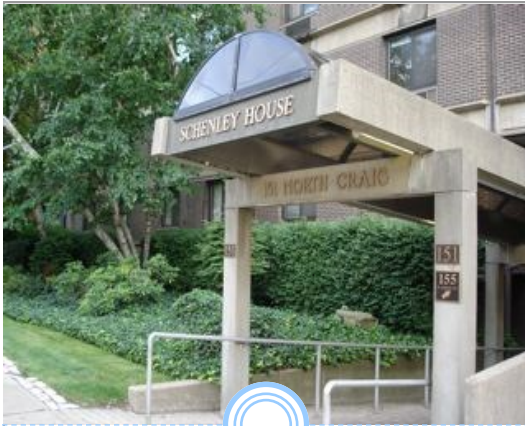
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A Multi-Specialty Psychological Group



ABOUT CDTA

CDTA is Pittsburgh's premiere psychological specialty group practice. We offer state of the art psychotherapy and consultation for emotional, behavioral and interpersonal problems throughout the life cycle. Our professional staff all have specialized areas of interest and expertise. We view every client as a unique individual and will match your personal needs with the appropriate specialist.

SERVICES

Psychological Assessment

Intelligence & Personality Testing from Pre-school age through adulthood/Neuropsychological testing

Preschool and Middle Childhood Disorders

Oppositional Behavior/Aggression
Attentional Problem/Fears/Anxiety
Sleep & Eating Disorders/Depression
School Related Problems/Family Stress
Developmental Disabilities & Delays

Adolescent Disorders

Mood Fluctuations/Identity Confusion
School & Learning Problems/Family Conflicts
Transition to College

Anxiety Disorders

Nervousness & Tension/Post-Traumatic Stress Disorder
Panic Disorder/Social Anxiety/Performance Anxiety
Phobias-Agoraphobia

Depression

Low Self-Esteem/Indecision/Loss of Interest
Prolonged Sadness/Hopelessness/Bereavements
Loss of Energy/Insomnia/Poor or Excessive Appetite

Health Psychology

Stress Management/Pain Management
Psychosomatic Disorders
Smoking Cessation/Eating Disorders/Weight Loss

Women's Issues

Pregnancy/Post-Partum Disorders/Abortion
Family, Career & Self-Esteem
Divorce & Single Parenthood
Pre-Menstrual Syndrome/Menopause
Emotional/Sexual Abuse/Body Image

Sexual Problems & Marital Distress

Communication & Marital Problems
Premature Ejaculation/Erectile Dysfunction
Inhibited Orgasm/Loss of Sexual Desire
Vaginismus/Painful Intercourse
Sexual Addiction
Infertility/Adoption

THE CHALLENGE

Life has become increasingly complex. A rapidly changing society challenges us from early childhood through late adulthood. As progression through the life cycle becomes more demanding, multiple coping strategies are needed to maintain the harmonious balance that produces optimal functioning and well-being. When the stress of life becomes overwhelming, professional services may be needed to restore this vital balance.

THE SOLUTION

FROM THE GENERALIST TO THE SPECIALIST

The complexity of today's problems means that an individual professional cannot be an expert in all areas of psychological practice. Scientific advances in understanding human problems, together with the development of more focused treatments for specific disorders, increasingly require a specialist approach.

INSURANCE

Cognitive Dynamic Therapy Associates participates in a number of insurance and managed care networks, including all Highmark Blue Cross/Blue Shield plans, UPMC, and most major insurance plans. Please contact the business office with any questions pertaining to coverage and accepted insurance plans.

