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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New patients call our clinical coordinator, Joshua Gregson at (412) 687-8700, Ext. 104.

Main Business Office

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A Multi-Specialty Psychological Group
**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/Anger
- 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.