

The Cognitive-Behavioral Consultation Clinic At the Southern California Counseling Center

What is Cognitive-Behavioral Therapy?

Cognitive Behavioral Therapy is a type of mental health treatment that focuses on helping people restructure their thinking about life and personal issues that may be stressing them. It works to help them identify faulty thinking, irrational beliefs and cognitive distortions and replace them with more balanced and rational thinking, with the result that they are able to take positive, helpful actions to improve their lives.

Is one consultation using Cognitive-Behavioral Therapy helpful?

This is a Brief-Treatment Model of Cognitive Behavioral Therapy, employing relatively simple and user-friendly tools that can be explained and provided in one meeting by a counselor trained in them.

What sorts of problems can Cognitive-Behavioral Therapy help with?

Cognitive-Behavioral Therapy can help with depression, anxiety disorders (such as panic disorder, social phobia, obsessive-compulsive disorder), low self-esteem, family/marital/relationship problems, grief and loss, and many other issues.

The Goals of the CBT Clinic at the Southern California Counseling Center:

The Southern California Counseling Center has provided low-cost counseling using a variety of models of psychotherapy since 1966. Here is why we are offering this particular kind of therapy at no cost now:

- 1) A highly experienced practitioner, John Tsilimparis, MFT, presented a plan to offer no-cost Cognitive-Behavioral Therapy to Los Angeles residents;
- 2) Our community is experiencing extraordinary economic stressors now, with more people needing mental health services and fewer people able to afford them.
- 3) Cognitive-Behavioral Therapy is an accessible technique that can provide help and relief with only one consultation. It can be helpful to people who do not have the time, the resources or the inclination to engage in a longer course of psychotherapy;
- 4) The Southern California Counseling Center has many skilled pre-licensed and paraprofessional counselors who can effectively use Cognitive-Behavioral Techniques under Mr. Tsilimparis' direction;
- 5) The Southern California Counseling Center has a unique facility located in mid-city Los Angeles that can easily be adapted to the "free clinic" model.

What if I want additional meetings with a therapist after the one-time consultation?

The Clinic will provide referrals to those individuals who wish additional Cognitive-Behavioral Therapy. While the Southern California Counseling Center offers therapists using a variety of types of therapy, it too is a possible referral.

How does the CBT Clinic work?

- 1) Participants are invited to come to the Southern California Counseling Center at 5615 W. Pico Blvd, Los Angeles, CA 90019, on the first Sunday of each month between the hours of 2 pm and 7 pm (except for the month of July 2010, when the CBT Clinic will take place on Sunday, July 11, 2010).

- 2) You will give your name to the receptionist and fill out a brief intake form. Clients will be seen on a first-come-first-served basis.
- 3) You will then have an individual consultation lasting 60 to 90 minutes with a CBT-trained counselor who will offer an introduction and brief education into what CBT is about, how it works and how it helps.
- 4) Your counselor will give you therapeutic tools to take with you to further your work and continue positive changes.
- 5) After the consultation, you may have referrals for further services if you wish them. There is no charge for the CBT Clinic consultation.

John Tsilimparis, MFT has operated a Cognitive-Behavioral Therapy/Brief-Treatment Model at Cedars-Sinai Hospital in Los Angeles for the last six years with very positive results. He designed and operated a clinic at the hospital which helped people of all walks of life with all types of issues.