

THINK WELL
LIVE WELL



Do you suffer from...

- DEPRESSION
- LOW SELF-ESTEEM
- GENERALIZED ANXIETY
- OBSESSIVE COMPULSIVE DISORDER
- PHOBIA
- SOCIAL ANXIETY
- RELATIONSHIP DIFFICULTIES
- EATING DISORDERS
- INSOMNIA
- PANIC AND AGORAPHOBIA
- POST-TRAUMATIC STRESS DISORDER
- ANGER

Cognitive Behavior Therapy (CBT) is effective to treat these problems.

Cognitive Behavior Therapy (CBT) targets the thoughts and behaviors that affect our wellbeing and impact how well we cope with stress and with difficult situations. The goal of CBT is to develop ways of thinking and behaving that promote better mood, stronger self-esteem and a richer quality of life.

CBT involves cognitive and behavioral strategies such as:



Cognitive re-structuring: learning to interpret facts and events in a manner that best fits the objective evidence, free of a negative bias



Relaxation training and diaphragmatic breathing



Worry-stopping



Exposure to feared situations in imagination or in-vivo (systematic desensitization)



Successful communication and/or social skills training



Effective problem-solving



Habit change strategies



Awareness training



Anger management

These strategies are best acquired with the help of a qualified and experienced professional, who can provide guidance and emotional support.

OUR SERVICES
ARE ADAPTED
TO YOUR NEEDS!

- Day or evening appointments
- Weekend appointments upon request
- Sessions of 50 minute duration
- Services in English or French
- Therapy for adults, adolescents and children
- Fees on a sliding scale



Dr. Michael Spevack founded our Cognitive Behavior Therapy Clinic in 1972 at the Montreal General Hospital. The Clinic moved to the Queen Elizabeth Health Complex in 2002. The mission of the clinic is to provide quality and affordable services to individuals to help them make significant changes in their lives.

The Emotional Health CBT Clinic is the largest CBT clinic in Montreal with a team of 15 skilled cognitive behavior therapists treating over 300 clients per year. The Clinic is affiliated with the McGill University Health Center (MUHC).

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The Emotional Health CBT Clinic
Cognitive Behavior Therapy since 1972

Affiliated with  Centre universitaire de santé McGill
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