

**WITH FOCUSED,
EVIDENCE-BASED
THERAPY...**



**READY TO CHANGE
THE CONVERSATION?**



**COGNITIVE BEHAVIOR
INSTITUTE**

CENTER FOR MARRIAGE & FAMILY

*Serving North Hills, South Hills,
Cranberry & Monroeville*

Office 724.609.5002
Fax 724.299.8964

www.PaPsychotherapy.org

*Individual Adult, Child & Adolescent,
and Distance Counseling are also available.*



**LIFE-CHANGING
THERAPY AT YOUR
FINGERTIPS...**

**LOSING HOPE?
HAVING TROUBLE COMMUNICATING?
FINDING IT HARD TO HOLD ON?**



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INSTITUTE**

CENTER FOR MARRIAGE & FAMILY

RELATIONSHIP ORIENTED COUNSELING SERVICES

At the **Center for Marriage and Family at Cognitive Behavior Institute**, we provide relationship oriented counseling services that are *goal-focused, brief, evidence-based, and strength-based*.

- **Goal-Focused:** We help you reach goals that are important to you and your family.
- **Brief:** It's an attitude we have to not keep people longer in treatment than is necessary.
- **Evidence-Based:** We only use counseling approaches that have a strong research base.
- **Strength-Based:** We believe that couples and families already have internal resources, assets, and skills. We will help you to better leverage those strengths to reach your goals and re-discover neglected solutions that work.



COGNITIVE BEHAVIOR
INSTITUTE

SERVICES WE OFFER

Gottman Method Couple Counseling

Can help for a variety of issues:

- Affairs
- Partner struggling with mental or physical illness
- Stress management
- Communication difficulties
- Gridlocked conflict
- Pornography
- Substance abuse
- Growing apart
- Couples in later life
- Gay & lesbian couples
- Financial stress
- Faith conflicts
- Separation/Divorce
- In-laws

Pre-Marital Counseling

In PREPARE/ENRICH premarital counseling, couples receive a comprehensive assessment of the various aspects of their relationship including communication, conflict resolution, partner style and habits, finances, leisure activities, sexual relationship, family and friends, roles and responsibilities, and spiritual beliefs. In a 5-session format, we will help you to prepare for the challenges of marital adjustment by better understanding your strengths and targeting growth areas in your relationship.

Family Counseling

Providing care for the whole family system treating:

- Physical or mental health struggles of a family member
- Navigating separation or divorce as a family
- Co-parenting for difficult divorce
- Preparing for baby
- Step down from family-based mental health services
- Loss and grief
- Parenting issues
- Family conflicts
- Blended family adjustment
- Single parent family adjustment
- Families in transition
- Oppositional defiant behaviors
- Sibling conflict

Pre-Blended Family Counseling

Pre-blended family counseling (PBFC) is designed for families who are either approaching remarriage or cohabitation and who have a child/children from prior relationships. Our aim is to help families anticipate many of the obstacles presented by blended family life and to proactively find solutions for common problems associated with family adjustment. Research suggests that it can take blended families up to seven long years to adapt to the changes in family life. We believe that helping families prepare on the front end is a smart option that will help empower them for greater success.

WHERE DO WE START?

To schedule an appointment, please contact us at: (724) 609-5002 and one of our knowledgeable staff will assist you.

Additional information regarding our center and other services offered at Cognitive Behavior Institute is also available on our website at: www.PaPsychotherapy.org.

*Your most meaningful
relationships really
could look differently...*

