

DR CATHY MOSER & ASSOCIATES

A group of Psychologists, Social Workers, Speech-Language Pathologists and Art Therapists who are trained to assess and treat a full range of emotional, behavioural, academic, and relationship problems.

### Services Offered Include:

- Cognitive Behaviour Therapy
- Relationship/Marital Therapy
- Psycho-Educational Assessment
- School Consultation
- Parenting Skill Development
- Social Skill Development for Children and Teens
- Parenting Teens:  
Treatment for Drug and Alcohol Abuse
- Diagnosis/Treatment of Child & Adult Attention Deficit Hyperactivity Disorder
- Clinical Hypnosis for Weight Control, Smoking Cessation, and Stress Management

### Cathy Moser, Ph.D., C.Psych.

Dr. Moser is a Clinical Psychologist with a private practice in Winnipeg. She has been practicing as a Psychologist since 1986. Dr. Moser has a special interest in ***treating adults using Cognitive Behavioural Therapy with a short-term solution focused model.*** A variety of tools are used, depending on the needs of each patient (e.g., Relaxation Therapy; Hypnosis). In her practice, she has had the opportunity to treat individuals with ***Anxiety, Mood Disorders, Addictions (smoking, eating, gambling, etc.), and Relationship Issues.***

Dr. Moser is joined in her practice by a number of other Clinicians with a variety of different types of experience and expertise. The goal of our practice is to have people who are ready for treatment to be seen within a week of initiating contact. This is possible with the variety of trained Clinicians that work out of our offices.

**Dr. Cathy Moser & Associates**  
**3-1250 Waverley Street (at Buffalo Place)**  
**Winnipeg, Manitoba**  
**R3P 2J5**

**Phone: (204) 477-8555**  
**Fax: (204) 487-4248**



**3-1250 Waverley Street**  
**Waverley at Buffalo Place**  
**[www.drcmoser.com](http://www.drcmoser.com)**

**COGNITIVE  
BEHAVIOUR THERAPY**  
for treatment of  
**DEPRESSION, ANXIETY,  
SELF-ESTEEM &  
HABIT CONTROL**



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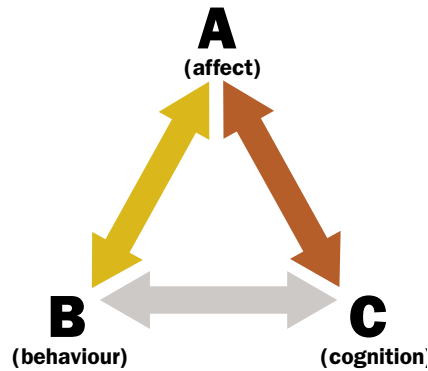
**3-1250 Waverley Street**  
**Winnipeg, Manitoba**  
**R3T 6C6**  
**(204) 477-8555**

## Cognitive Behaviour Therapy (CBT)

### - What is it?

CBT is a form of therapy that helps people understand how thinking, feeling, and behaving are all connected. Once this relationship is understood, individuals can learn how to change thoughts and behaviours so that emotional states (such as anxiety and depression) can be altered.

To understand CBT, visualize a triangle that connects the three spheres – the A-B-C's of CBT. A stands for Affect (mood); B is for Behaviour; and C is for Cognition.



Simply put, your thoughts affect your emotions – in turn, your emotions affect your thoughts, and both your thoughts and emotions influence your behaviour. Not only that

– your behaviour can affect both your thoughts and your emotions. Here's an example: let's say that you have some social anxiety – shyness or discomfort around people, fear of being judged when you're in social situations, fear of losing control, and so forth. Your thoughts (e.g., people are going to think I don't know what I'm talking about) affect your emotions (you feel the adrenaline surging and anxiety rising), which in turn, affects your behaviour (your voice sounds a bit shaky, or you withdraw from the group), which then affects your thoughts (you think 'oh, everyone must know that I'm anxious'), which then affects your emotions (you become more anxious), and so on and so forth...

Another way to understand the relationship between emotions and behaviour is this. Think of how an actor or actress is able to break into tears on stage. One method is to recall a sad event – because thoughts can evoke emotions. In terms of sadness, it is important to understand how depressed mood can bring on a flood of negativity. With Depression, we develop what is known as the doomsday filter – a filter that only lets through observations that confirm a negative view of ourselves (e.g., I'm a failure), a negative view of others (e.g., they don't really like me), and a negative view of the future (e.g., I'll never be happy). For most events, we can make either positive or negative attributions or interpretations. For example, if our friend is quiet and reserved when we are out with them, we can infer a number of different possible causes. When we are sad, we tend to focus more on the negative (e.g., they are mad at me). When we are happy, we have a different filter – we think that maybe it is our friend who is going through a bad time and needs our help and we are willing to take the risk of checking it out.

## CBT Sessions

A course of CBT starts off with an initial assessment session, wherein you and your therapist discuss the symptoms that you want help with. An understanding of what the issues are is the goal of the first session. Once this understanding is achieved, therapy can begin. Sessions are 50 minutes in duration. Usually they occur either weekly or bi-weekly for the first several sessions. Then, sessions may be scheduled with longer intervals between. A typical course of CBT might last between five and ten sessions, depending on the nature and severity of the problem. Reading materials that will reduce the number of sessions required will be suggested. Our goal is to treat your symptoms both effectively and efficiently. The doors are always open – we don't expect to help cure all your problems in our first contacts, but we do expect that you will always feel welcome to come back and work on issues that arise over the course of your life.

## CBT Session Cost

**The cost of each session is \$135.00 per 50 minute session.**

If you have Extended Health Care Benefits from your insurance company, you may be eligible for reimbursement. We do not require a Physician referral. However, if your policy requires a Doctor's referral, it is not difficult to ask your Physician to refer you to us. A referral can be faxed to Dr. Moser at (204) 487-4248.

## Cognitive Behaviour Therapy (CBT)

### - How Does it Work?

An experienced CBT therapist will help you to become aware of some of the irrational thoughts that automatically pop up. Some of these irrational thoughts may be based upon irrational and unreasonable beliefs that have developed over the years (e.g., everyone should love me; if I am going to do a job, it has to be done to perfection). These beliefs make us more prone to disappointment and a sense of failure. In CBT, we learn to identify some of the irrational beliefs that contribute to our negative thoughts and mood. Once we are aware of some of the automatic beliefs and thoughts that contribute to negative mood, we are better able to defeat some of those unreasonable and unhelpful thoughts. A variety of techniques can be used to knock down negative thoughts – we will help you find those that make the most sense to you.

## Some Examples of CBT in Action

CBT can be used to reduce Anxiety. What we know about anxiety is based on the flight or fight model of predator/prey relationships. When a predator attacks, a prey has three options – it can take flight, fight, or freeze. In order to flee or fight, the organism's body produces a shot of adrenaline. This is the hormone that causes the heart to beat faster, sweat to pour down, stomach contractions to begin churning, and other bodily changes that allow the organism to fight harder or to run faster. People have similar responses. If you were being chased by a bear, your heart would beat faster in order to get blood to your muscles quickly, and the blood in your body would surge to protect your vital organs. You have heard of mothers who have been able to lift cars that are pinning their children – this amazing strength is all due to adrenaline.

It is very adaptive – that is, if we are faced with a predator that requires us to run or to fight. BUT, most humans are not faced with physical predators. Instead, our predators are our thoughts (what if I mess up, what if I get fired, etc.). These thoughts evoke adrenaline – but the adrenaline has nowhere to go – we do not need to run away or fight to protect ourselves. Without a way to burn off the adrenaline, it churns around and around, and is experienced as anxiety. CBT will teach you how to reduce the adrenaline response. It will also help you identify the thoughts that evoke anxiety, and give you the tools to defeat the irrational beliefs that underlie these thoughts.