



Minisink Psychology & Psychotherapy presents...

# CBT Camp

*Cognitive Behavioral Therapy (CBT) is an intervention which teaches awareness between emotions, thoughts, and actions. It promotes self-management, problem-solving, and coping strategies. CBT is a powerful tool for helping children who experience excessive worry, sadness, rigid thinking, and/or behavioral challenges.*

Seeking children ages 5-10 for our small group week-long summer sessions lead by Dr. Gabriela Brown. July and August dates available! Participants will be grouped with peers of a similar age and needs. Session cost includes a parent group meeting.

Through discussion, stories, and activities, children will learn to identify and challenge common negative “thinking traps.”

**Session 1: July 23 – July 27 2018 (M -F)**

**Session 2: August 20 – August 24 (M -F)**

90 minute sessions will be scheduled based on participant availability once groups are formed.

Cost: \$350 per session

To register or for more information, please contact:

**Dr. Suzannah Espinosa or Silvana Maurino**

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