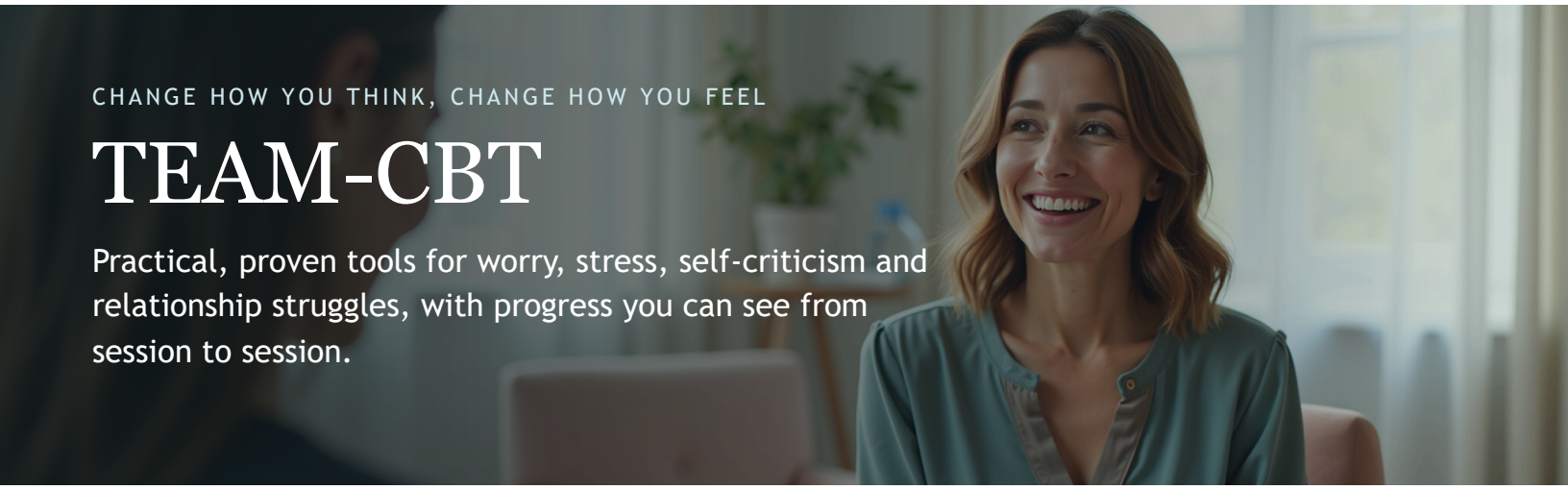
Southern California
CHRISTIAN COUNSELING

Evidence-based counseling in Fallbrook & online



CHANGE HOW YOU THINK, CHANGE HOW YOU FEEL

TEAM-CBT

Practical, proven tools for worry, stress, self-criticism and relationship struggles, with progress you can see from session to session.

How CBT works

Cognitive Behavioral Therapy (CBT) is among the most widely researched approaches in the helping professions. It rests on a simple idea: the way we **think** about a situation shapes how we **feel** and what we **do**.

> *Together we spot unhelpful thought patterns and practice healthier ways of responding.*

Often helpful with

- ✓ Worry and fearful thinking
- ✓ Discouragement and negative self-talk
- ✓ Harsh self-criticism and shame
- ✓ Relationship and family conflict
- ✓ Anger and everyday stress

What makes it TEAM-CBT

T Testing
A quick mood check each session shows what's helping.

E Empathy
You're heard, and you rate every session.

A Agenda
We agree together on what to work on.

M Methods
Tools chosen to fit you and your goals.

Advanced certification

feeling good institute
TEAM-CBT
LEVEL 3 CERTIFIED

TEAM-CBT was developed by Dr. David D. Burns, author of *Feeling Good*. Level 3 certification through the Feeling Good Institute requires advanced training, measured client outcomes and an oral exam.

Meet your counselor



Andrea Judge Weinberg, DTh, MS, CCC-SLP

TEAM-CBT Level 3 Certified through the Feeling Good Institute, with over three decades of experience helping children and adults.

What to expect

- ✓ Collaborative sessions: you set the goals
- ✓ In person in Fallbrook, or online
- ✓ What you share stays confidential

Call 760-652-9571

socalcc.net/team-cbt · 425 E Alvarado St, Ste F, Fallbrook, CA 92028

New clients start with a preliminary consultation. Our counselors are not licensed psychotherapists; we don't diagnose or treat mental health disorders in a clinical capacity. In a crisis, call or text 988. Southern California Collaborative Therapy, DBA Southern California Christian Counseling.