

Women's Wellness

Gender differences between men and women have long been ignored when addressing physical and mental health concerns. It is important to recognize that women today take on multiple roles (e.g., motherhood, career, spouse, caretaker, business owner), while they must also attend to specific natural psychological and physiological changes that occur with age.

Within their lifetime, women have a higher prevalence of sleep-related issues, depression, anxiety, and co-occurring illnesses. Integrating mental health into a woman's overall health and awareness builds resilience for all of life's challenges.

Studies have shown that therapeutic techniques based on Cognitive Behavior Therapy (CBT) — such as cognitive restructuring, mindfulness, and problem-solving — significantly reduce levels of depression and anxiety, improve coping skills, and increase overall quality of life.



Managing a Complex Life

Challenges for women are often encountered during times of transition — pregnancy, infertility, pregnancy loss, menopause, pain or illness management, caregiving issues, interpersonal trauma, and financial hardship.

During these transitions, identifying the signs and symptoms of mental health concerns becomes even more critical. Concerns such as:

Physical — Headaches, insomnia, fatigue, sexual challenges, appetite change, or addiction

Emotional — Anxiety, anger, unhappiness, irritability, despair, frustration, feelings of guilt

Mental — Excessive worry, negative thinking, procrastination, indecisiveness, emptiness

Occupational — Work overload, unemployment, workplace conflict, feeling unfulfilled

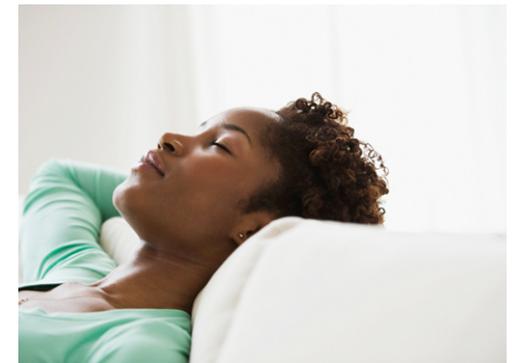
Social — Isolation, friendships, family, marital problems, loneliness

What to Expect

All new patients begin with a two-hour evaluation. After assessment, therapists collaboratively work with clients to develop treatment plans built around skills and behaviors that help manage life stressors and challenges.

Cognitive Behavior Associates (CBA) serves as a client resource by supporting self-acceptance, living within values, creating healthy boundaries, integration of work and life roles, and present-moment living as essential elements to personal wellness.

Along with individual therapy, CBA provides couples and family counseling, as well as other support services for families in crisis. When necessary, CBA will coordinate with others involved in a client's care.



For more information about the Women's Wellness program, contact us at (310) 858-3831.

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About Cognitive Behavior Associates



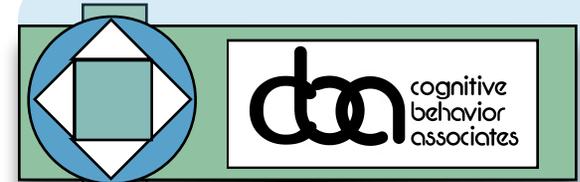
Cognitive Behavior Associates, founded and directed by Joel L. Becker, Ph.D., is one of the largest cognitive behavior therapy practices in southern California. We specialize in **short-term, problem-focused therapy**. Our cognitive behavior therapy (CBT) treatments are individualized for a full range of psychological disorders.

All of our clinicians are licensed to practice in the state of California and use the most current treatments supported by **empirical research**. Each clinician differs in areas of expertise and interest, and these factors are taken into account when matching a client with a therapist.

We believe that a patient who is well-informed about their disorder will be more successful in therapy. We try to make use of a **collaborative relationship** between the client and the therapist, as well as consultation with all other health care providers. Being as clear as possible about the plan for treatment allows us to strive for the best possible outcome for our clients.

www.cognitivebehaviorassociates.com

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“Women’s Wellness”

A Cognitive-Behavioral
Approach to Healthy
Living

