





### About Us

CBA is one of the largest practices in the Los Angeles area offering short-term, problem-focused therapy from a Cognitive-Behavioral perspective. Our treatments are based on empirical research. We continually measure and quantify progress. As such, our clients do not have to guess whether or not therapy is working.

### From the Director's Chair



As we enter this new decade, the field of psychology is faced with many challenges and opportunities. The recent passage of Health Care Reform and the movement of mental health diagnoses to parity with physical illnesses will create a more accessible system. This is tremendously optimistic and is something that many psychologists have been fighting over for the past decades. The criteria by which we judge what therapies have merit and how to disseminate that to the broad base of clinicians will continue to be a challenge. After 35 years of practice, I know that there is no one type of therapy that has demonstrated its effectiveness in a way that would result in a uni-theoretical model. I do believe that as we go forward and try to answer these difficult questions, it is important to be respectful of each other and each others' points of view. These challenges and opportunities may require many of us to rethink the traditional models of treatment and possibly move into more innovative strategies such as time-limited psychotherapy, tele-psychotherapy, and services based more on a wellness model, etc.

Here at CBA, we have redesigned some of our services in the form of innovative and empirically supported treatment modules addressing various disorders. For example, when a client calls to ask us regarding treatment for panic, insomnia or Irritable Bowel Syndrome (IBS), we are able to describe a time-limited approach for the treatment. In this approach, clients can also anticipate the costs and know more as a consumer about what they are about to buy. This type of approach gives both the client and the clinician a structure that is concrete and makes our services more "consumer" friendly.

On a personal note, I am proud to announce that I recently was promoted from Associate Clinical Professor to Clinical Professor in the UCLA Department of Psychology. I have been affiliated with UCLA's program for almost 20 years now and can attest to the quality of the training and research being done. In addition, I have been invited to give a workshop in Cancun, Mexico and to be a Visiting Professor at

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### CBA Staff

- Joel L. Becker, Ph.D.**  
Clinical Director of CBA  
Founder and Director of CBTI  
Clinical Professor, Dept. of Psychology, UCLA
- Jayson L. Mystkowski, Ph.D.**  
Associate Clinical Director of CBA  
Assistant Clinical Professor, Dept. of Psychology, UCLA
- Melissa M. Magaro, Ph.D.**
- Pamela Efenbaum, Ph.D.**
- Rusty A. Wiggs**  
Executive Director of CBA and CBTI
- Gilberto Quiroz**  
Administrative Assistant
- Cheiny Shiau**  
Intern
- Ashley Nevin**  
Intern
- Evan Liu**  
Intern

la Universidad de Yucatan. I will be giving the keynote address during their "Semana de Psicologia." I am very excited about this opportunity to teach in Mexico and educate their students about some of our recent advances in CBT treatments.

## "Bipolar Disorder" Now Available on Audio CD



Dr. Joel L. Becker's presentation on current Cognitive Behavior Therapy treatments for Bipolar Disorder is now available for purchase on CD. Cognitive Behavior Therapy has been shown to be an effective adjunctive treatment for patients with Bipolar Disorder. Attendees will learn about research and strategies to help patients with medication adherence, mood regulation, the signs of a future episode, and how to reduce the intensity and duration of the episode.

This CD is available for both general audiences as well as for 1.5 Continuing Education credits. The objectives for this course will be to acquaint participants with research and strategies to deal with people diagnosed with Bipolar Disorder.

**For more information or to order, please contact:**

**Rusty Wiggs  
(310) 858-3831 ext. 7**

## "Soundly Sleeping:" An Interactive Insomnia Program



Present findings indicate that Cognitive Behavior Therapy, alone or in combination with pharmacotherapy, is more effective than pharmacotherapy alone. Programs based on CBT have demonstrated that 100% of insomnia patients reported improved sleep, and 75% became "normal" sleepers. CBT is so effective that people increased their sleep duration to almost 7 hours per night, along with reduction or even complete discontinuation of sleeping medication. "Soundly Sleeping" is an interactive, 6-week CBT program that identifies each individual's specific problem.

**For more information, please contact:**

**Joel L. Becker, Ph.D.  
(310) 858-3831 ext. 2**

## Social Anxiety Group Treatment



Research has shown that Cognitive-Behavioral Therapy (CBT) is one of the most reliable forms of therapy used to overcome anxiety disorders. CBT works for long-lasting improvement of social anxiety symptoms by addressing distorted thoughts and avoidant behavior in a variety of social contexts. Dr. Jayson L. Mystkowski is now offering a weekly, on-going CBT group for individuals with social anxiety. Each group session is 90-minutes long and will focus on implementing CBT techniques geared toward decreasing distress and avoidance in social settings (e.g., assertiveness, social skills, mindfulness, problem-solving, relaxation training, etc.).

For more information, please contact:  
Jayson L. Mystkowski Ph.D.  
(310) 858-3831 ext. 3

Please look forward to Dr. Jayson L. Mystkowski's article in our upcoming May Newsletter regarding his new "Going Well" program for Irritable Bowel Syndrome (IBS).

If you have any questions or concerns regarding our newsletters or in general, please do not hesitate to contact me at (310) 858-3831 ext. 7.

Sincerely,  
Rusty A. Wiggs

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