



Research-Based **Psychotherapy**  
with Measurable Results



## From the Director's Chair

*Joel L. Becker, Ph.D.*

During the month of November 2010, I was invited to teach at the Universidad Autonoma de la Yucatan (UADY) in Merida, Mexico. UADY is a modern university with history that can be traced back to 1624, and it is the largest public university on the Yucatan Peninsula. Over the previous year I had become acquainted with Professor Ricardo Castillo Ayuso, who teaches in the adult clinical psychology track at UADY.

After discussing how I might be able to contribute to the students in their region, Professor Castillo thought it would be a good opportunity for me and his students to participate in their "Semana de Psicologia" (Psychology Week) and asked me to give the "Conferencia Magistral" (featured Keynote address). The title of my presentation was "Historia y estado actual de la terapia Cognitiva-Conductual en los Estados Unidos" (The History and Current Status of CBT in the U.S.).

Merida, Mexico is a fascinating city of almost 1 million people on the Gulf Coast side of the peninsula. Merida has a multi layered culture that includes the Mayans, the Spanish Conquest (colonial period) and of course, Modern



Dr. Becker with students from the Yucatan, Chiapas, Tabasco, Veracruz and Oaxaca.

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## About Us

**Cognitive Behavior Associates** is one of the largest clinical practices in the Los Angeles area offering provide short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working.

Mexican Culture. We came to know how the Yucatecos see themselves as both part of and different from the rest of Mexico.

I was both excited and challenged by the opportunity to teach in Mexico and made a commitment to teach in Spanish. There were about 300 students in attendance from around the country, including the Yucatan, Chiapas, Tabasco, Veracruz and Oaxaca. "El Congreso de Estudiantes de Psicología de la región Sur-Sureste de México" was in its second year so having someone associated with UCLA come to visit with them was validating and reinforced their interests in clinical psychology. Their appreciation was palpable and since then I have received other invitations to teach back in their home states.

I muddled my way through in the best Spanish I could achieve, and despite some self-consciousness, here is a one minute YouTube of my giving that address in Merida.

<http://www.youtube.com/watch?v=6CXQAn622KM>

## Research Corner

*Jayson L. Mystkowski, Ph.D.*

The World Health Organization (WHO) predicts that internalizing problems, such as mood and anxiety disorders, are becoming second only to HIV/AIDS in the international landscape in coming years. Such mood and anxiety symptoms affect 1 in every 7 school age children, with negative impacts on their peer friendships, school performance, and later mental health functioning and employment.

Bayer et al. (2011) recently discussed how there is convincing evidence to intervene in the preschool years to potentially offset such problems, before they become quite costly in the later teen and adult years. Two variables discussed by Bayer and colleagues are temperamental inhibition (i.e., "shyness") and overinvolved/protective parenting practices. With this in mind, Bayer et al. (2011) conducted a study with inhibited preschoolers using parent training, and demonstrated a significant reduction in internalizing problems up to 3 years after the training. Rolling-out this program to larger communities is underway, and underscores the need for early detection and intervention.

As a graduate student at UCLA, I had the opportunity to work on anxiety disorder intervention studies first-hand. In two different studies, basic cognitive-behavioral techniques were taught to undergraduates at-risk for developing an anxiety disorder. Over the course of year, for example, my colleagues and me saw how rates of Panic Disorder and Obsessive Compulsive disorder could be significantly decreased. I am pleased to see researchers like Bayer et al. (2011) advancing the field of intervention efforts to even younger individuals, and hope their efforts are noticed and supported by our evolving healthcare system, as it truly seems to be worth the expense in the grand scheme of things.

**\*Bayer, J. F., Rapee, R. M., Hiscock, H., Ukoumunne, O. C., Mihalopoulos C., & Wake, M. (2011). Translation Research to Prevent Internalizing Problems in Childhood. *Depression and Anxiety*, 28, 50-57.**

Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician. All of our clinicians are Ph.D. level and are licensed to practice in the state of California.

To learn more, [click here](#) to visit our website!

## Our Staff

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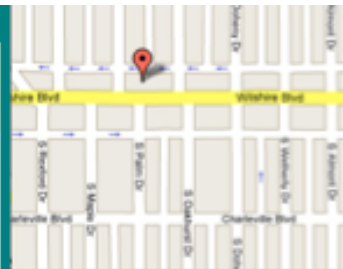
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## *Social Phobia Group*

**Dr. Jayson Mystkowski** has an on-going Cognitive Behavior Therapy group for individuals suffering with social anxiety. Research has shown that CBT is the most effective treatment for social anxiety. During group sessions, we teach assertiveness/social skills, relaxation and mindfulness techniques. By teaching methods of challenging distorted thinking, and with the skills taught during this therapy group, clients find that they can better manage their anxiety and feel more comfortable in a variety of social contexts.

**For more information, contact Dr. Jayson L. Mystkowski at (310) 858-3831 ext. 3.**



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