

About Cognitive Behavior Associates



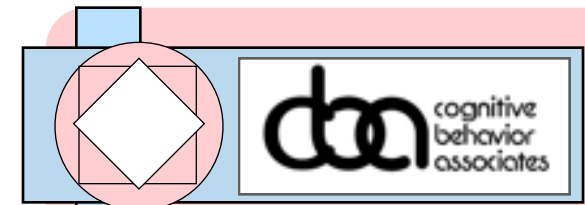
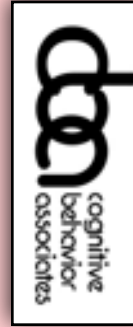
Cognitive Behavior Associates, founded and directed by Joel L. Becker, Ph.D., is one of the largest Cognitive Behavior Therapy (CBT) practices in southern California. We specialize in short-term, problem-focused therapy. Our CBT treatments are individualized for a full range of psychological disorders.

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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Sexual and Gender Minorities

An Affirmative Cognitive-Behavioral Program for Sexual & Gender Minorities



About SGM

Sexual and gender minority (SGM) is an umbrella term for Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, etc. (LGBTQIA+). Sexuality and gender are separate constructs and often intersect with each other. Since both sexuality and gender are non-binary constructs, many subgroupings exist within SGM.

How common are mental health issues in sexual and gender minorities?

Nearly **4.7%** of people in the U.S. are in the SGM community. The rates of anxiety and depression are more than double that of non-SGM populations. This statistic is not surprising due to SGM individuals facing discrimination and social stigma on a higher basis than other subpopulations. These phenomena manifest as daily stressors, such as being targets of microaggressions and/or experiencing the cost of concealment. SGM individuals also face higher levels of panic attacks, suicidality, eating disorders, and substance abuse than non-SGM populations.



What are some SGM concerns addressed by Affirmative CBT?

Affirmative Cognitive Behavior Therapy (ACBT), an active and goal-oriented type of psychotherapy, consists of a variety of evidence-based interventions that recognize SGM-specific stress, and delivers CBT content within an SGM framework. Services offered in our SGM program are tailored to the specific needs of individuals. These services address a variety of SGM concerns (listed below) via an individual, couples, and/or family therapy approach:



- Stress management (e.g., coping skills, substance abuse recovery, etc.)
- Gender identity (e.g., evaluations for medical transition and supporting documentation, non-binary, etc.)
- Coming-out
- Sexual health (e.g., safer sex, STIs, etc.)
- Our team also trains medical professionals in creating SGM affirmative environments as well as case consultation

For more information about Sexual & Gender Minorities or to schedule an appointment, please contact us at **(310) 858-3831**.

What Happens in Therapy?

You will start by meeting with a therapist for an intake evaluation. After evaluating your situation with both standardized measures and a clinical interview, you will be given a formulation of your concerns from a CBT perspective. Each individual will receive a customized treatment plan, an opportunity to have your questions answered, and referrals will be made for additional services when indicated. At CBA, we also collaborate with other professionals involved in your care, to be as comprehensive as possible.

How long does treatment last?

Sessions typically last between 50 minutes and an hour. Sessions are usually scheduled once a week at first, and then scheduled as needed. CBT is generally short-term (i.e., 16-24 sessions), however, the treatment duration may last longer if additional goals are identified.



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