



Cognitive Behavior Therapy Center

New Patient Welcome

Welcome. You have taken a courageous first step to help yourself, and/or other family members. We admire anyone who is willing to (1) acknowledge there's a problem and (2) ask for professional help. Many people are unable to do either and their condition rarely improves. Admitting there is a problem and asking for help is the first and necessary step in improving your condition. We are pleased that you have chosen the Cognitive Behavior Therapy Center. We are committed to helping you achieve your personal goals, by providing the best in psychological services.

Setting realistic expectations is important in anything you do. You can expect results and you should feel a good connection or rapport with your therapist. However, no two therapists (or patients) are exactly the same. Some patients want a therapist who allows them to freely express their feelings and who provides gentle support. Others want a much more active therapist who identifies problems, gives very specific guidance and pushes them to do their homework. Therapy is a collaborative process. We encourage you to ask questions and address any concerns you might have with your therapist. If you do not feel there is a good fit, or if you are not happy with the results you are getting, after 3-5 sessions, please ask to see another therapist.

While we all want results, we have to recognize that much is required, of therapists and patients alike, to change habitual ways of thinking and acting. The length of time it takes to effect change varies greatly from one patient to another, depending on the patient's presenting problems and psychological resources. Most problems we treat have a long history and rarely disappear suddenly overnight. Generally slow, steady progress is good.

Most of us have left highly motivating workshops, sermons and therapy sessions with lots of great intentions, only to slip back into old habits. Lasting change requires that one person (in a family or company) be highly committed to change. These people are not always easy to live with. Change is often uncomfortable, because we are exploring uncharted territory. No pain, no gain. While we wish it was otherwise, pain is often the prime motivator for change. However, there are major gains for those who are willing to do what's required to make themselves and others around them better human beings.

We are here to help you. Never hesitate to let us know if you have complaints or compliments.

William L. Mulligan PhD

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