

Cognitive Behavioral Therapy Question

Posted by Fellow - 17 Jan 2017 09:44

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Does anyone have any good experiences with Cognitive Behavioral Therapy? Any good references for a good therapist in new jersey? thanks

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Re: Cognitive Behavioral Therapy Question

Posted by Chaimel - 18 Jan 2017 04:25

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I'm all for it and have seen it be successful with hard work

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Re: Cognitive Behavioral Therapy Question

Posted by Hashem Help Me - 18 Jan 2017 05:20

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CBT works very well for obsessions and many times peoples' struggles with sexual issues reach obsessive levels. For a referral, call Relief at 7184319501

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