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**ASPEN
Answers**
by Richard Zabriskie, MSW,
LCSW, SAC

**MATTERS OF
PERCEPTION**

A primary tenet of cognitive therapy is that the way a person thinks about events often has more power to disturb him or her than the events themselves. With this in mind, the goal of treatment is to teach people how their own thoughts dictate their feelings, and then help them change their thinking in ways that render potentially disturbing events less so. Those who might benefit from cognitive therapy include people who tend to think in black-and-white terms and/or jump to conclusions. Other counter-productive modes of thinking involve over-generalizing, rejecting positive experiences for arbitrary reasons, catastrophizing (emphasizing the negative implications of) events, and taking matters very personally. A therapist can help change these ways of thinking.

Do you find your thought patterns create negative feelings or outcomes? Are you interested in learning to think in a way that improves your life instead? Our compassionate counselors provide you with the proven technique you need, including cognitive therapy. We offer a safe space, comforting ear, and good advice whether you're dealing with stress, depression, or anxiety. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S. Another "cognitive distortion," in addition to those listed above, is having should/must/ought thoughts that suggest there is a particular way that one must function.

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Family Counseling
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