

CCBTT Services

Cognitive Behavioral Therapy (CBT) involves active processes that provide coping skills to children, asks families to practice at home, and monitors progress. CBT helps individuals understand the thoughts and feelings that influence behaviors.

The CCBTT offers empirically supported CBT for children with a range of presenting problems, located at our convenient, comfortable, state-of-the-art on-campus facility.

Several treatment options are available including, individual therapy, family therapy, parent consultation, school consultation, and group therapy.

Treatment is tailored to each individual following a careful and collaborative consultation phase.

The MSU Psychological Clinic strives to meet two equally important missions. The first is to provide state-of-the-art evidence based treatments to the community in such a way that permits underserved populations to receive mental health care. The second is to provide high quality training to advanced doctoral and postdoctoral students.

The MSU Psychological Clinic embraces people of all backgrounds. Our model emphasizes respect for individuals and thoughtful consideration for the ways in which race, gender, sexual orientation, and other individual differences impact life experiences and are a part of therapy and wellness.

Fees are set based on family income level and/or specific provider level.



For more information or to schedule an appointment, contact the Clinic

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Email or send text to email

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psychology.msu.edu/clinic/



Child Cognitive Behavioral Treatment Team

Specialized, evidence based mental health services for children & teens



Director: Natalie L. Moser, Ph.D.

Tel: 517-355-9564

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Assessment, Therapy, or Consultation:

What do we need?

Psychological or Neuropsychological Assessments:

Testing is usually obtained for diagnostic clarity and to answer questions such as: Why is my child having difficulty in school? Why does my child have trouble making friends? Assessments are administered across several sessions and a final, comprehensive report is provided.

Therapy: Working with a therapist means entering into an ongoing relationship. Some assessment occurs during the early stages of therapy and throughout to monitor progress. Appointments are typically weekly and will focus on specific and individualized treatment goals. Length of time in therapy depends on several factors, but can be discussed with your clinician.

Consultation: This service is often short-term, perhaps 1–3 sessions. May be useful for parents to better understand certain childhood concerns or useful for a family who wishes to have assistance working with the child's school.

How Can Parents Help?

Practice at home. Many families are surprised to learn that what happens outside the therapy session at home and at school is more important than what happens with the therapist.

Rely on your coach. Therapists act as coaches to help you develop new skills to handle challenges at home. Ask for help when learning new skills and practice together.

Make the program a high priority. The more energy and enthusiasm your family can commit to the program, the higher your child's chance of success.

Be willing to work hard. If you are willing to work hard in the short term, you and your child will have better long-term results.

Attend therapy sessions faithfully. You should do everything possible to make sure you and your child attend all therapy sessions and that you are available to speak with the therapist.

Speak up. Don't be afraid to let your therapist know what isn't working. Parents who communicate about how the program is working for them and their family help their children succeed. *Adapted from Chorpita &*

Weisz, 2009



Getting Back up Again (GBA)

Has your child been bullied?

Has your child experienced challenges in his/her friendships?

Is your child worried about socializing at school?

GBA is a group therapy program for children and teens who have run into difficulties in peer relationships. This may include bullying, cyber-bullying, peer victimization, or more general difficulties coping with stressful situation.



TOPICS INCLUDED:

- Managing emotions
- Stress management
- Mindfulness skills
- Assertiveness
- Choosing Good Friends
- Staying Safe online
- Building Self Confidence