



Cognitive Behavioral Therapy

New Haven utilizes Cognitive Behavioral Therapy (CBT) in our work with youth and their families. CBT is a highly individualized treatment model that allows us to tailor care for each youth based upon their individual strengths and needs.

The use of CBT is primarily to help youth learn to regulate their emotions, develop impulse control, and improve their behavior as a result. CBT has also been found to be helpful when youth need to reduce feelings of anxiety or depression or when needing to change unhelpful thoughts and perceptions of situations or a way to manage their behaviors or reduce symptoms.

CBT helps youth learn to manage emotions that arise and take control of their own behavior and stop using the past as an excuse for dangerous or harmful behavior.

The key ingredient that separates CBT from simple behavioral therapy is that youth are helped to improve behaviors by learning new ways to look at or think about their past that may be preventing them from behaving more effectively in the present.

What You Can Expect in Care with New Haven

Here are a couple of things you can expect while you receive care at New Haven:

1. The youth and family are key leaders in developing a plan of care. The youth and family are expected to participate in treatment planning and treatment evaluation meetings.
2. We will help the youth and family see behavior in a new way. We will help you learn that behaviors are ways of communicating needs and rather than blaming the youth for having needs, we learn to understand the needs of the youth and teach new ways of getting needs met that are more helpful, less dangerous, and more effective.
3. We will expect that both the youth and family will create a positive, non-violent, and supportive environment where we can all work together for effective long-term results.
4. All family members and the youth will be asked to move beyond blaming others for problems to a place where we are all taking personal responsibility for success.

TRAUMA-FOCUSED CBT

If we are helping youth learn to adjust to trauma, such as the unexpected loss of a loved one, child abuse, domestic violence, or other trauma we will utilize a Trauma-focused CBT (TF-CBT).

TF-CBT can also be helpful to youth who experience out-of-home care as traumatic.

TF-CBT adds in some additional tools to help the youth and family heal from the trauma.



We All Need to Work Together

Working together means that all family members that can, shall actively participate in **family therapy** that will look at patterns of interactions among different family members not just between each family member and the youth.

There is a **Behavioral Therapy** approach that requires consistency of rules while the youth is at school, living in our program, and especially when on home pass. Some family members believe that they are helping the youth by relaxing rules while the youth is visiting at home, but this kind of inconsistency typically means that treatment will take longer if it is effective at all.

We ask that the youth and each family member actively participate in **Cognitive Therapy** to examine how each of us perceive or think about behavior. We expect that participants will learn that we are not the “victims of our emotions” and how to let go of unhelpful or distorted views about each other, about life, and about emotion-driven behaviors.

Research has shown that a Cognitive Behavioral Therapy approach does work, but it requires all of us working together, working consistently, and working honestly to help each other.

What Are the Goals of Treatment at New Haven?

Goals are individualized for each youth and his family who participate in the New Haven program, but we do have some key goals we would like all families and youth work toward. Those overall goals are:

1. Reduce negative emotional and behavioral responses of youth.
2. Correct or see differently unhelpful or “wrong” beliefs about the youth and other family members.
3. Create and maintain a supportive and consistent environment that the youth and other family members can learn to take risks and heal together.
4. Parents to learn or relearn their important role in setting clear rules and boundaries while supporting the healthy development of their children.

If you have any questions, please contact your Treatment Manager at 760.630.4035.