

SPOTLIGHT

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of mental health and behavior disorders. Numerous research studies suggest that CBT leads to significant improvement in functioning and quality of life. In many studies, CBT has been demonstrated to be as effective as or more effective than, other forms of psychological therapy or psychiatric medications.

CBT is based on several core principles, including:

- Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
- Psychological problems are based, in part, on learned patterns of unhelpful behavior.
- People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

CBT treatment usually involves efforts to change thinking patterns. These strategies might include:

- Learning to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality.
- Gaining a better understanding of the behavior and motivation of others.
- Using problem-solving skills to cope with difficult situations.
- Learning to develop a greater sense of confidence in one's own abilities.

CBT treatment also usually involves efforts to change behavioral patterns. These strategies might include:

- Facing one's fears instead of avoiding them.
- Using role playing to prepare for potentially problematic interactions with others.
- Learning to calm one's mind and relax one's body.

CBT places an emphasis on helping individuals learn to be their own therapists. Through exercises in the session as well as "homework" exercises outside of sessions, patients/clients are helped to develop coping skills, whereby they can learn to change their own thinking, problematic emotions and behavior.

"What is Cognitive Behavioral Therapy?" -
<http://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral.aspx>

*The future which we
hold in trust for our own
children will be shaped
by our fairness to other
people's children.*

- Marian Wright Edelman

Things to Know

- Krissie got married! Congrats and best wishes, Mrs. Myers!
- **July 14th**—Open House 11-1p.m.
- **July 14th**—Quarterly Training 1-5p.m.
- **July 28th**—KIFS will have a table at The NKY Horse Show in Alexandria.

KIFS is GROWING

A little more than a year ago, KIFS moved to its current location in Fort Thomas, Kentucky; a lovely historic storefront. The new office offered more space, but it has become clear more space is needed! KIFS has now taken over the upstairs office space and hopes to expand into the second half of the historic storefront.

Further expansion would allow for regular training space, increased storage and adequate office space for a growing staff. In the last two months KIFS staff has grown.

In Ft. Thomas:

Danny Bass works in the KIFS office to keep files up-to-date and the office organized. Danny recently completed her Certificate in Nursing Assistance.

Nick Sansone interned with KIFS over the last year while completing his Masters in Social Work at the University of Cincinnati. Nick joins the KIFS team full-time as a Case Manager. In the next year Nick will begin his Masters in Clinical Psychology through Capella University. Nick has eight years experience in addiction counseling and plays banjo



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Kentucky Intensive Family Services

Contact Us

Give us a call for more information.

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Visit us on the web at

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On Facebook at

Kentucky Intensive Family Services

Fay Blevins has been with KIFS since October 2017, behind the scenes, but joins the staff part-time as a Case Manager. Fay is an ordained minister with a Masters in Divinity from Lexington Theological Seminary. Fay has been a congregational minister, hospital chaplain, hospice bereavement counselor, and pre-school teacher. Fay's family is her greatest joy.

In London:

Samantha Woods is a part-time Case Manager for KIFS, and full-time Division Director of Community and Mental Health for the Department of Juvenile Justice. Samantha received her Masters of Education in Mental Health Counseling from Lindsey Wilson College. She enjoys spending time with family when not helping others.

Arlena Centers also works part-time as a Case Manager for KIFS, and is the District Supervisor for the Department of Juvenile Justice. Arlena received her Masters in Education from Lindsey Wilson College.

Interns:

James McDonough will complete his Masters in Social Work from the University of Cincinnati in the spring of 2019. When able to carve out some time from school and work, he enjoys playing basketball.

Jacqueline Unkrick will complete her Masters in Social Work from the University of Cincinnati Spring 2019. Serving others is in Jacqueline's DNA, when not in school or working as an intern she's working at Skyline in Harrison, OH.