



### **Cognitive Behaviour Psychotherapy**

Cognitive Behaviour Therapy (CBT) has a dominant position in the provision of psychological services at our center. CBT is the most contemporary and quickly developing form of psychotherapy. CBT is especially and evidence-based effective in a great variety of psychological problems, like depression, anxiety disorders (e.g panic disorder with or without agoraphobia, obsessive compulsive disorder, social anxiety disorder), or eating disorders (e.g bulimia nervosa, anorexia nervosa).



### **Other Psychotherapies**

For those disorders that CBT is not the most appropriate form of therapy, we use Supportive Psychotherapy due to its broad field of application, as well as Family Therapy, due to its specific focus.