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CONSENT TO TREATMENT

Cognitive Behavioral Therapy

The basic premise of cognitive behavioral therapy (CBT) is that one's interpretation of a situation, rather than the situation itself, determines the feelings and behaviors that follow. CBT focuses on challenging and changing unhelpful cognitive distortions and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.

Mindfulness Intervention

Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgement which can develop through the practice of meditation. Mindfulness can alleviate many symptoms of depression and anxiety and is achieved through relaxation and meditation.

Positive Psychology Intervention

Positive Psychology looks at the positive aspects of the human experience. Through the study of gratitude and focus on character strengths, individuals are able to flourish.

The above treatment strategies may include surveys, interviews, and homework assignments from time to time.

By signing below, I indicate that the proposed treatment has been explained to me.

_____ **Date** _____
Client/Guardian Signature

Outpatient Treatment provided by:
Christina M. Sadoski, D.Ed., NCSP PA License PS-015120

I look forward to working with you on your goals.

_____ **Date** _____
Therapist Signature

Revised Wednesday, November 20, 2019