



**Cognitive Behavioral Therapy (CBT)**- is a form of psychological treatment that usually involves efforts to change a persons thinking and behavioral patterns.

Organization	Service Description	Address	Phone Number	Website
<b>Association for Behavioral and Cognitive Therapies</b>	Offers information about autism as well as CBT.	305 7th Avenue, 16th Floor, New York, NY 10001	212-647-1890	<a href="http://www.abct.org/Information/?m=mInformation&amp;fa=fs_AUTISM_SPECTRUM_DISORDER">http://www.abct.org/Information/?m=mInformation&amp;fa=fs AUTISM SPECTRUM DISORDER</a>
<b>Autism Speaks</b>	website various articles offering expert opinions on CBT therapy	n/a	1-888-288-4762	<a href="https://www.autismspeaks.org/cognitive-behavioral-therapy-cbt?topic[1811]=1811&amp;article_type[981]=981&amp;topic[1811]=1811">https://www.autismspeaks.org/cognitive-behavioral-therapy-cbt?topic[1811]=1811&amp;article_type[981]=981&amp;topic[1811]=1811</a>
<b>Beacon Health Options</b>	CT Beacon Health Options connect families with autism care services. Beacon can connect you to different therapeutic services. Beacon also manages the autism spectrum services for Medicaid beneficiaries (Husky A, C and D).	200 State Street, Boston, MA 02109	1-877-552-8247	<a href="https://www.beaconhealthoptions.com/solutions/beacon-behavioral/autism/">https://www.beaconhealthoptions.com/solutions/beacon-behavioral/autism/</a>
<b>Car Autism Roadmap</b>	Offers information on Cognitive Behavioral Therapy (CBT) including a description, what to expect and its goals	3401 Civic Center Blvd, Philadelphia, PA 19104	267-426-7540 or 1-866-570-6524	<a href="https://www.carautismroadmap.org/cognitive-behavior-therapy-cbt/">https://www.carautismroadmap.org/cognitive-behavior-therapy-cbt/</a>

<b>Medical News Today</b>	Article provides information on how CBT works, its goals, what will you learn, how you learn, what it will treat, and the article provides a scenario where CBT might help.	130 Queens Road, 1st Fl, Brighton, East Sussex, BN1 3WB, United Kingdom	011 44 845 468 0075	<a href="https://www.medicalnewstoday.com/articles/296579.php">https://www.medicalnewstoday.com/articles/296579.php</a>
<b>National Autistic Society</b>	Provides an article about autism and the use of CBT therapy. Dr Joshua Muggleton is a Clinical Psychologist who received a diagnosis of Asperger syndrome in his mid-teens. Here Joshua discusses how he adapts cognitive behavioural therapy (CBT) when working with people on the autism spectrum	n/a	n/a	<a href="https://network.autism.org.uk/good-practice/case-studies/autism-and-cbt">https://network.autism.org.uk/good-practice/case-studies/autism-and-cbt</a>
<b>American Psychological Association</b>	Offers information on Cognitive Behavioral Therapy (CBT) including a description and its goals	750 First St. NE, Washington, DC 20002	(800) 374-2721 or (202) 336-5500	<a href="https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral">https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral</a>
<b>Psychology Today</b>	A brief article providing information of what CBT is and how it can help.	n/a	n/a	<a href="https://www.psychologytoday.com/us/basics/cognitive-behavioral-therapy">https://www.psychologytoday.com/us/basics/cognitive-behavioral-therapy</a>
<b>Synapse Reconnecting Lives</b>	Provides information about CBT and how it relates to individuals with Autism	n/a	n/a	<a href="http://www.autism-help.org/adults-cognitive-behavioral.htm">http://www.autism-help.org/adults-cognitive-behavioral.htm</a>

Updated 10-2-2019

Nate C