DSS AUTISM

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**
American Psychological Association	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	https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral
Association for Behavioral and Cognitive Therapies	Offers information about autism as well as how CBT is used to address ASD.	305 7th Avenue, 16th Floor, New York, NY 10001	212-647-1890	http://www.abct.org/Information/?m=mInformation&fa=fs_AUTISM_SPECTRUM_DISORDER
Autism Speaks	website various articles offering expert opinions on CBT therapy	n/a	1-888-288-4762	https://www.autismspeaks.org/cognitive-behavioral-therapy-cbt?topic[1811]=1811&article_type[981]=981&topic[1811]=1811
Carelon Behavioral Health (formerly known as Beacon Health Options)	Carelon Behavioral Health connect families with autism care services. Carelon can connect you to different therapeutic services and they also manage the autism spectrum services for Medicaid beneficiaries (Husky A, C and D).	200 State Street, Boston, MA 02109	1-877-552-8247	https://www.carelonbehavioralhealth.com/solutions/specialty-care/autism-spectrum-disorder-services

Medical News Today	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.	n/a	n/a	https://www.medicalnewstoday.com/articles/296579.php
Psychology Today	A brief article providing information of what CBT is and how it can help.	n/a	n/a	https://www.psychologytoday.com/us/basics/cognitive-behavioral-therapy
Synapse Reconnecting Lives	Provides information about CBT and how it relates to individuals with Autism	n/a	n/a	http://www.autism-help.org/adults-cognitive-behavioral.htm

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