Mind Matters

COACHING, COUNSELING & PSYCHOLOGICAL ASSOCIATES

Monthly Newsletter

January 2026

Clinician Spotlight:
Kenneth Rohrbach, LPC

Location:
Exeter Office

Seeking therapy can feel overwhelming, and Kenny truly understands that. With a calm, down-to-earth style, he creates a relaxed, supportive environment where clients feel safe, heard, and empowered. Kenny earned his BA in Criminal Justice from Alvernia University in 2011 and his MA in Clinical Counseling in 2016, and brings nearly a decade of experience working with diverse populations. He specializes in treating generalized anxiety, depression and other mood disorders, trauma, and select couples concerns, using an eclectic, evidence-based approach that integrates cognitive-behavioral (CBT), dialectical behavior (DBT), and solution-focused techniques. By collaboratively identifying core challenges and setting meaningful goals, Kenny helps adults and couples from all walks of life move toward healing, growth, and a renewed sense of self.

www.mymindmatterscounseling.com
844-696-4631

Understanding CBT & DBT: Evidence-Based Approaches for Healing, Growth, and Lasting Change

At Mind Matters, we believe that understanding how therapy works can empower individuals and families to take confident steps toward mental wellness. Two of the most effective, research-supported therapy approaches we offer are Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). These modalities help individuals better understand their thoughts, emotions, and behaviors — and, most importantly, provide practical tools to create meaningful, lasting change.

Whether you are struggling with anxiety, depression, mood disorders, trauma, emotional regulation, or life stressors, CBT and DBT offer compassionate, structured paths toward improved mental health, resilience, and personal growth.

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Understanding CBT & DBT: Evidence-Based Approaches for Healing, Growth, and Lasting Change

What Is Cognitive Behavioral Therapy (CBT)?

Cognitive Behavioral Therapy (CBT) is a goal-oriented, evidence-based approach that focuses on the powerful connection between thoughts, feelings, and behaviors. CBT helps individuals identify unhelpful thinking patterns, challenge distorted beliefs, and replace them with healthier, more balanced perspectives. By changing the way we think, we can change the way we feel and behave.

CBT is structured, collaborative, and practical. In therapy sessions, clients learn tools and strategies they can apply to everyday life, empowering them to take an active role in their own healing. This approach is highly adaptable and can be tailored to meet the unique needs of children, adolescents, adults, and families.

How CBT Helps

CBT has been extensively researched and is proven effective in treating a wide range of mental health concerns, including:

- Generalized Anxiety Disorder and panic attacks
- Social anxiety and performance anxiety
- Depression and persistent low mood
- Obsessive-compulsive disorder (OCD)
- Trauma and post-traumatic stress symptoms
- Phobias
- Stress management
- Behavioral challenges

CBT helps individuals develop greater awareness of automatic thoughts that may increase distress, such as catastrophizing, all-or-nothing thinking, or excessive self-criticism. By learning to challenge and reframe these thoughts, clients often experience improved emotional regulation, reduced anxiety, increased confidence, and better overall functioning.

CBT in Action

CBT is not just about talking — it is about learning and practicing skills. Clients may work on identifying thought patterns, practicing coping strategies, developing problem-solving skills, and building healthier habits. Over time, these tools help individuals feel more in control of their emotions and more capable of handling life's challenges.

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What Is Dialectical Behavior Therapy (DBT)?

Dialectical Behavior Therapy (DBT) is a specialized form of cognitive-behavioral therapy that focuses on helping individuals manage intense emotions, build emotional regulation skills, and improve relationships. DBT emphasizes acceptance and change, helping clients validate their experiences while also learning strategies to create positive behavioral shifts.

DBT is especially helpful for individuals who experience emotional sensitivity, mood instability, impulsivity, difficulty managing stress, or challenges in relationships. It provides concrete skills that help individuals feel more balanced, grounded, and empowered.

Core Components of DBT---DBT focuses on four key skill areas:

1. Mindfulness: Learning to stay present, grounded, and aware of thoughts and emotions without judgment.
2. Distress Tolerance: Developing healthy coping strategies to manage emotional crises without harmful behaviors.
3. Emotion Regulation: Understanding emotions and learning tools to reduce emotional intensity and vulnerability.
4. Interpersonal Effectiveness: Building communication skills, healthy boundaries, and assertiveness to improve relationships.

How DBT Helps

DBT is particularly effective for treating:

- Emotional dysregulation
- Mood disorders
- Anxiety disorders
- Depression
- Trauma-related symptoms
- Self-harm behaviors
- Impulsivity
- Relationship challenges

By strengthening coping skills and emotional awareness, DBT helps individuals feel more stable, confident, and capable of navigating life's ups and downs.

Understanding CBT & DBT: Evidence-Based Approaches for Healing, Growth, and Lasting Change

CBT & DBT for Anxiety

Anxiety can feel overwhelming, exhausting, and isolating. Both CBT and DBT offer powerful tools to help individuals manage anxious thoughts, calm physical symptoms, and regain a sense of control.

CBT helps individuals recognize anxious thought patterns, challenge fears, and reduce avoidance behaviors. DBT supports anxiety management through mindfulness, distress tolerance, and emotional regulation skills that promote calm, balance, and grounding.
Together, these approaches empower clients to understand their anxiety, respond more effectively to stress, and feel more confident in daily life.

CBT & DBT for Depression and Mood Disorders

Depression and mood disorders can impact motivation, energy, self-esteem, and relationships. CBT helps individuals challenge negative self-talk, increase engagement in meaningful activities, and develop healthier coping strategies. DBT provides skills to regulate intense emotions, improve mood stability, and build supportive interpersonal connections.

Through structured support and compassionate guidance, clients can develop new perspectives, regain hope, and rediscover a sense of purpose and joy.

A Personalized Approach at Mind Matters

At Mind Matters, we recognize that no two individuals are the same. Our clinicians thoughtfully integrate CBT and DBT techniques into individualized treatment plans that honor each client's unique experiences, goals, and strengths.

We work collaboratively with children, adolescents, adults, couples, and families to ensure therapy feels supportive, empowering, and effective. Our goal is not just symptom relief — it is long-term growth, resilience, and emotional wellness.

Taking the First Step

Seeking therapy is a courageous and meaningful step toward better mental health. Whether you are experiencing anxiety, depression, emotional challenges, or life stressors, CBT and DBT offer structured, compassionate, and evidence-based paths toward healing.

At Mind Matters, we are committed to creating a safe, welcoming environment where individuals and families can feel heard, understood, and supported. If you or someone you care about could benefit from therapy, we invite you to reach out and learn more about how our clinicians can help.
Together, we can work toward emotional balance, resilience, and a healthier, more fulfilling life.

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