Lola is searching for a therapist. After her mother and father divorced and he moved away, she began reading about cognitive therapies, hoping that these reading about techniques might help her get on with her life.

Lola learned that one famous cognitive therapist, Aaron, analyzed the dreams of depressed people and found recurring themes of loss and rejection.

This famous psychologist’s goal in therapy was to reverse clients’ beliefs by questioning their thinking.

Lola decides to try an approach in which she will be trained to alter the way she acts and the way she thinks.

Lola’s friend Moira has been undergoing treatment using this therapeutic approach for her obsession with germs and her compulsive hand-washing.

Moira is learning to her compulsive thoughts about germs.

For example, she says to herself, “I am having a compulsive urge that is due to my abnormal activity.

Instead of giving in to the urge to wash my hands, I will engage in an alternative such as taking a walk.”

Answers may be found in the Appendix at the end of this booklet.