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Dave Skinner, Director
(785) 272-5501, ext. 114
(785) 272-5152 (fax)
dave@monacoassociates.com

For Immediate Release

**MONACO & ASSOCIATES INCORPORATED ADDS
CENTER FOR COGNITIVE AND BEHAVIORAL HEALTH**

Cognitive Behavior Therapy is Cornerstone to New Facet of Business

Monaco & Associates Incorporated, celebrating over 25 years in business in Northeast Kansas, announces the opening of the Center for Cognitive Behavioral Therapy (CBT), including both cognitive therapy and behavior support services, to adults, children and families who want to improve their quality of life.

CBT has been demonstrated to be effective at helping people with a variety of issues, including loss, anger management, marital problems, adhering to dietary and health/wellness/fitness regimes, as well as with anxiety, mood, panic, personality and eating disorders. CBT is cost effective and produces lasting results by providing people with individualized goals and lessons that can be practiced in between treatment sessions. Over time, people learn to think differently about life events and to challenge thoughts that negatively impact their feelings, impede progress and lead to undesirable outcomes. Individuals learn to replace old habits with new, more fulfilling activities, to deal realistically with stress and frustration, to enjoy life, to have higher self-esteem and to improve their school, home and work performance. The Center will also offer professional training workshops and community awareness programs for learning about cognitive therapy and behavior supports.

Established in 1986, Monaco & Associates Incorporated has provided a unique mix of technological expertise and knowledge of intellectual and other developmental disabilities. Besides offering CBT, the organization provides independent service coordination to people experiencing a disability in Northeast Kansas and markets training products, human services software and the Motivation Assessment Scale worldwide. Monaco & Associates Incorporated is located in Gage Center at Huntoon and Gage in Topeka, Kansas. For more information, call 272-5501 (800-798-1309) or visit at <http://www.monacoassociates.com>.

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