

Bob is an 11th grader who has been struggling with attendance and grades. Bob's dad was deported about 4 years ago, he does not talk to dad and does not have a good relationship with his stepdad. SW discussed this with Bob and explained the theory of Cognitive Behavioral Therapy (CBT). SW explained that our thoughts influence our feelings which then influence our behaviors. SW made a drawing of this for Bob and asked him to fill in the blanks. This is Bob's drawing:

