

CBT Bootcamp for Moms

In this individualized 4-session program, moms will learn easy-to-use stress management strategies from cognitive-behavioral therapy (CBT). Strategies are tailored to help moms respond more effectively to stressors in their lives and feel more in control of the parenting experience.

How CBT Bootcamp can help

- Managing fears about bad things happening to you or your children
- Addressing tendencies to compare yourself to other moms, particularly on social media
- Being more present with your children
- Enhancing relationships with partners and extended family
- Navigating work-life balance
- Embracing self-care as an important part of motherhood

What to expect from CBT Bootcamp

- Thorough review of relevant stressors
- Discussion of CBT strategies tailored to relevant stressors
- Weekly homework practice
- Detailed plan for managing future parenting stressors

CBT Bootcamp for Moms is ideal for any mother whose worry and stress is keeping her from truly enjoying the motherhood experience.



About Dr. Ilyse Dobrow DiMarco

Dr. Ilyse Dobrow DiMarco is a clinical psychologist who specializes in working with stressed moms.

She has a B.A. from Yale University and Ph.D. from Rutgers University. She is an expert in CBT and a Diplomate of the Academy of Cognitive Therapy.

Dr. Dobrow DiMarco is also the mother of two young boys, who afford her plenty of opportunities to practice CBT stress management strategies.

**For additional information, contact Dr. Dobrow DiMarco at
973-309-2593 or dimarco@njcvt.com**