

My Vision Board

Made with ♥

ANIYAH MCGEE OCT 26, 2017 03:06PM

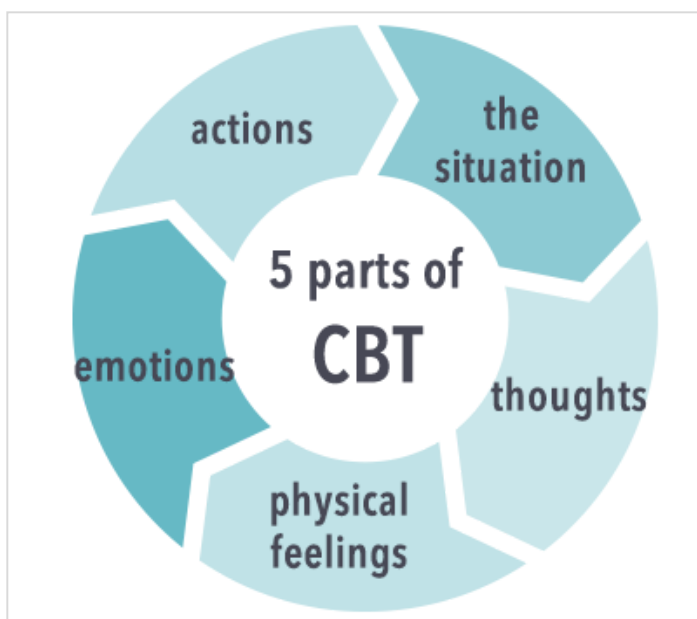
I hope to take on the title of CBT when I'm still young and can understand the new generation because the generations are forever changing and the older you get the more younger kids don't want to open up.

CBT typically deals with people who has eating disorders and range to others who have anxiety, depression, PTSD , and more. I feel that all these things can be found in young people and most people overlook it and shrug it off to kids just going through adolescence.

Cognitive Behavioral Therapy is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or **behavior** that are behind people's difficulties, and so change the way they fee

I don't hope to work in fast food. I hope to bump into someone that's powerful in the CBT world intern for them and get to see firsthand on how they interact with their patients.

I not only want to be a cognitive behavioral therapist. I want to have a specific patient that goes against everything they would teach me in college, and I'd have to interpret this patient as a human being and not as therapist picking apart their every movement.



It would be good to study the change of the industry. Everyone would want to read and interpret my notes. I would be able to be a big impact on the way others view people who suffer from mental illnesses.

I want to help people with their mental problems and be known for it. I want to have connections to other behavioral therapists.

While studying to be a CBT, I would be best working at a fast food restaurant. I expect to have little to no experience with working and they would be the most convenient places on campus to work.



Studying other people who are misunderstood has always been a dream of mine. But to have a patient that could change everything we believe in mental illnesses would be iconic. I believe there is some people out there who doesn't fit in the circle of what a CBT does.

My goal relates to our theme change. Changing the industry with my phenomenal discovery (if I ever make that discovery) would be a big stepping stone for how mankind views the man that isn't so kind.

Continuing on about interpreting the patient as a human being, this would be a good example of change. It would make other therapists have to go over their notes and evaluations with other patients. They would have to change their procedures.

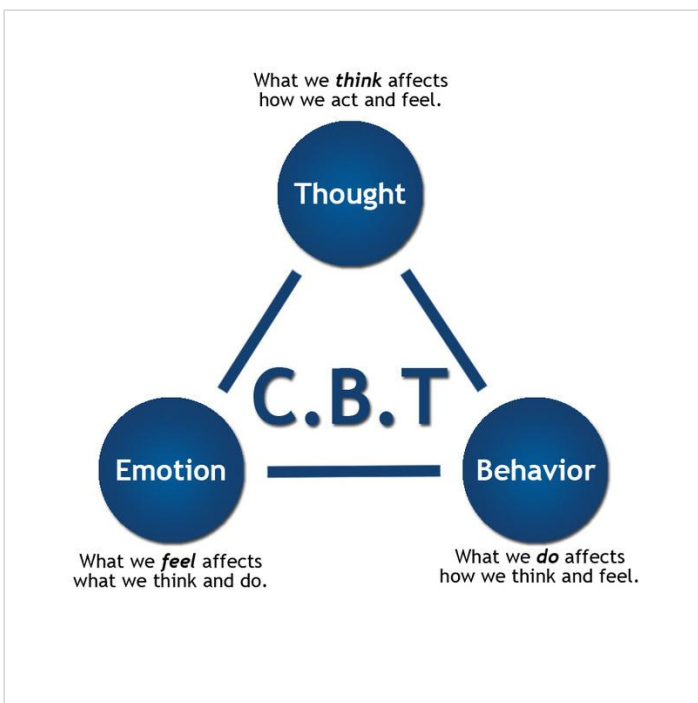
Drexel is my first choice college when applying to school. I have no back up plan yet.



I get frustrated easily when I'm unable to grasp a lesson in class, so I imagine this would be me in college.



As a career, I want to be a cognitive behavioral therapist.



In college, I plan on having a job which will most likely be in fast food