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www.tikalbaytek.com



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TikalBayTek introduces

CBT*ABC way applications - in English and Spanish!

Download the apps at the
iTunes App Store for the
iPhone, iPad, iPad Mini, and iPod Touch

kid CBT*ABC way

teen CBT*ABC way

adult CBT*ABC way



kid CBT ABC



teen CBT ABC



adult CBT ABC

TCC*ACC para niños

TCC*ACC para jóvenes

TCC*ACC para adultos



TCC de Niño



TCC de Joven

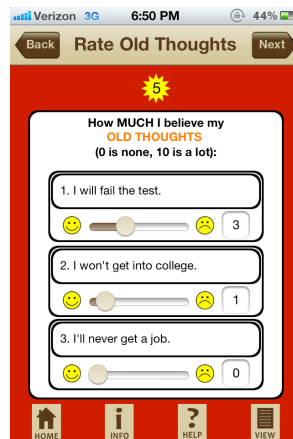


TCC de Adulto

Behavioral Sciences Inspiring Technology

**CBT is Cognitive-Behavioral Therapy, and ABC way is
Antecedent (Situation – What is going on?),
Belief (Thoughts), and Consequence (Feelings)**

The CBT*ABC way apps from TikalBayTek are to help young kids, teens, and adults practice paying attention to negative thoughts and learning to challenge them with reasonable thoughts.



Think of these FACT-CHECKERS when you need REASONING thoughts!



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The apps help coach brains to be good Fact-Checkers!

They can also help practice what counselors and therapists teach in sessions.*

* The apps are not intended to be substitutes for professional medical or mental health advice. Please also seek help from a trained professional.