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Cognitive Behavioral Therapy (CBT) is widely used to help people with anxiety, phobia, and depression. It is based on learning how to think objectively about oneself, identifying unhealthy behaviors, attitudes, and thoughts, and working to replace the unhealthy things with healthy ones. Three techniques common to CBT are journaling, agenda setting, and relaxation techniques. Can these ideas be used to help developmental mathematics students? Can developmental mathematics teachers be trained to use these ideas without formal counseling training? Preliminary data is promising, and we will present some ideas from our early that may be helpful in the classroom. (Received September 16, 2009)