

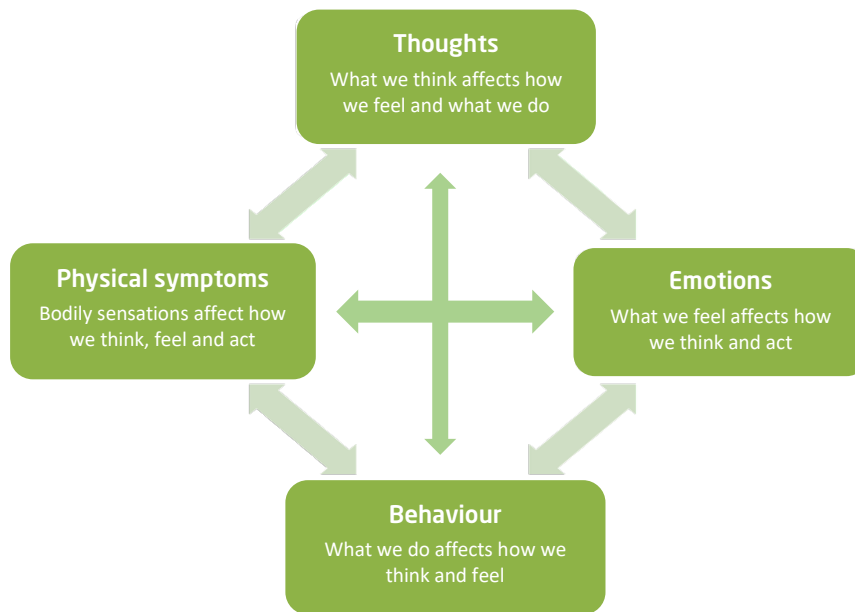


What is CBT?

A short guide to your recovery

What is Cognitive Behavioural Therapy (CBT)?

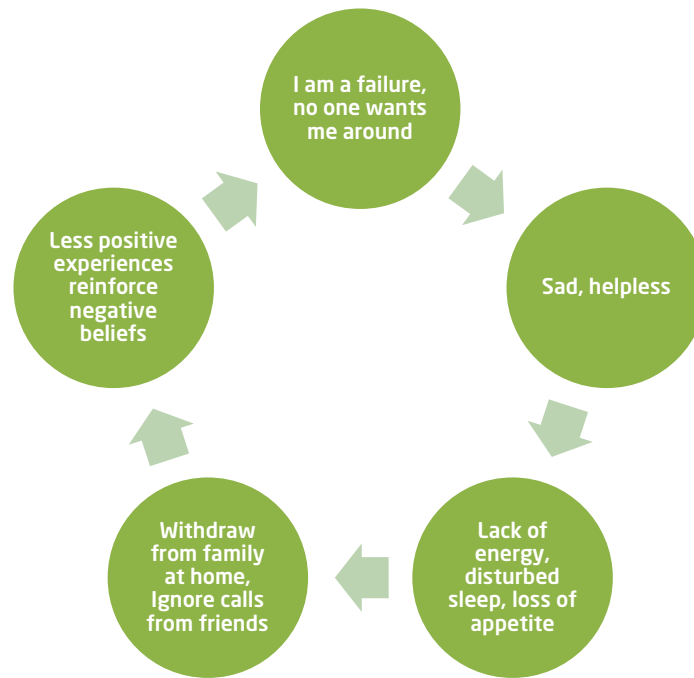
Cognitive Behavioural Therapy (CBT) is a talking therapy recommended by the National Institute of Clinical Excellence (NICE) for people who have common mental health problems. It is focused on the here and now which aims to make positive changes to how you manage your difficulties. CBT helps you to understand the relationship between what you think, feel, your physical responses in your body and how you behave. These areas are all connected and have an impact on each other:



Guided self-help involves working through self-help materials specific to your difficulties with support from a psychological wellbeing practitioner. This involves up to 6, weekly, 30-minute treatment sessions.

Vicious and Virtuous Cycles

When we are experiencing emotional distress, we may get stuck in a vicious cycle whereby the things we do to help deal with the problem inadvertently keep the problem going. Such coping mechanisms are further reinforced as they tend to help us in the short term, however, maintain and reinforce the problems in the long term. The image below shows the cyclical, interconnected nature of these responses, highlighting how thoughts can impact your feelings, physical responses, and behaviour.



CBT aims to provide you with the tools to help you to break this cycle and allows you to deal with your difficulties independently, instead creating virtuous (positive) cycles. The effectiveness of your therapy relies on you working together collaboratively with your therapist. CBT is very practical in its approach and requires you to implement the agreed strategies in your day-to-day life.

What should you expect from therapy?

Sessions of CBT are held weekly for up to one hour per session with your allocated therapist.

During treatment, your CBT Therapist will:

- + Introduce you to the CBT process to help you to get the most from it.
- + Agree an agenda at every session.
- + Encourage you to set goals to work towards in therapy.
- + Support you to stay in work or to return to work.
- + Support you to complete regular homework tasks outside of therapy sessions.
- + Complete regular questionnaires to aid with recovery and presenting difficulties.
- + Help you to become your own therapist by learning tools and techniques.