

Cognitive Behaviour Therapy



CBT

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.

CBT is most commonly used to treat anxiety and depression, but can be useful for some other mental and physical health problems, although it may not be successful or suitable for everyone.

It is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a negative cycle.

Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past.

What does CBT treat?

- Anxiety
- Bipolar disorder
- Borderline personality disorder
- Eating disorders (e.g., anorexia & bulimia)
- Depression
- Obsessive compulsive disorder (OCD)
- Panic disorder
- Phobias
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Schizophrenia
- Sleep problems, e.g., insomnia
- Problems related to alcohol misuse
- CBT is also sometimes used to treat people with long-term health conditions:
 - Irritable bowel syndrome (IBS)
 - Chronic fatigue syndrome (CFS)
 - Fibromyalgia
 - Chronic pain

CBT is not a cure for physical conditions or related symptoms and may not be suitable for people with complex mental health needs or learning difficulties.

This therapy is about you, in the 'here and now', where issues impact on daily living.

What to expect

CBT looks for practical ways to improve your state of mind on a daily basis. Helping you to deal with overwhelming problems in a more positive way, by learning ways to change negative patterns to improve thoughts and feelings.

The course of treatment usually lasts for between 6 and 20 sessions, with each session lasting 30 to 60 minutes, weekly or fortnightly.

You and your therapist will analyse these areas to work out if they're unrealistic or unhelpful, and to determine the effect they have on each other and on you.

During the sessions, you'll work with your therapist to break down your problems into their separate parts, such as your thoughts, physical feelings and actions.

Your therapist will then be able to help you work out how to change unhelpful thoughts and behaviours.

Help & advice will be given by your therapist, but your commitment to attend regular CBT sessions together with your cooperation to carrying out any extra work between sessions, is important the success of this treatment.

The overall aim of therapy is to enable you understand how to manage unhelpful thoughts, feelings and behaviours. To be able to apply new skills you have developed during treatment to your daily life. This should help you manage your problems and stop them having a negative impact on a daily basis and in the future.

You are very welcome to book a free 30 minute consultation (with no obligation or commitment), to help you decide if you are ready to start therapy, if this treatment & the therapist is right for you.

