

## What is CBT?

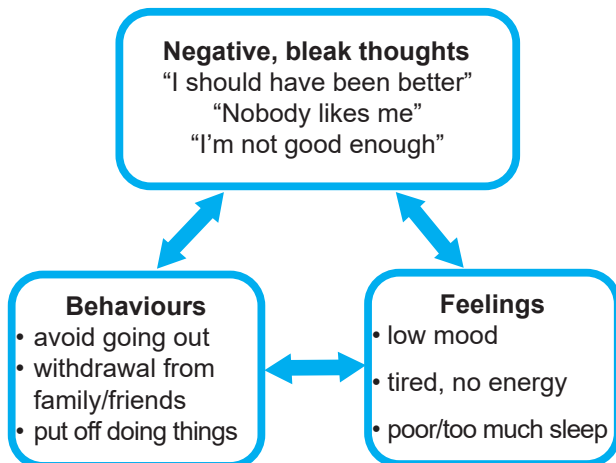
Cognitive Behavioural Therapy (CBT) is a talking therapy that works on the theory that how we feel is influenced by how we think and how we behave.

Research, mainly by randomised controlled trials, has shown us that CBT has a very strong evidence base for treating several conditions including Anxiety disorders (phobias, panic, Obsessive-compulsive disorder (OCD), Generalized Anxiety Disorder (GAD), social anxiety, health anxiety); Depression and some more complex conditions including Post-Traumatic Stress Disorder (PTSD) and Bulimia.

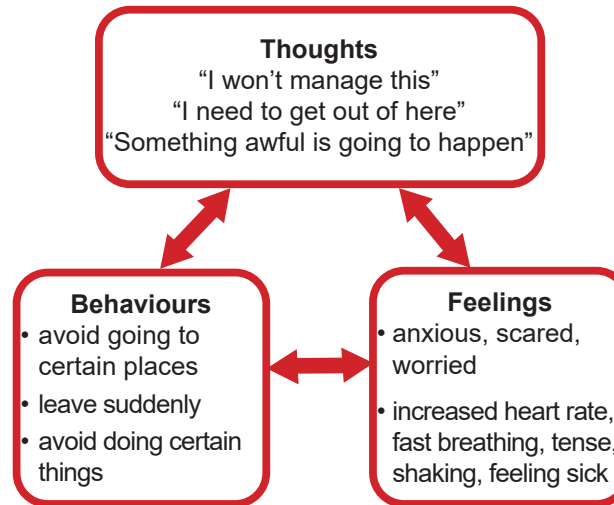
CBT would be suitable for you if you have one of these problems, feel able to talk about your thoughts, feelings and behaviours, are motivated to take an active part in your recovery by learning and practising strategies to manage symptoms and improve your wellbeing.

CBT would not usually be recommended at the same time as other talking therapies eg counselling, psychotherapy.

The following model is how the CBT model might look for someone who is depressed:



The following model is how the CBT model might look for someone who is anxious:



CBT is a change therapy that focuses on learning how to challenge unhelpful thoughts and learning how to change unhelpful behaviours in order to improve how we feel.

## What does CBT involve?

- A core element of CBT is collaboration, working together with a therapist to address your difficulties.
- Treatment starts with assessment, which allows you and your therapist to get a good understanding of your difficulties, understand how your problems developed, how these affect your life and what keeps them going now.
- Although we might talk about past experiences, CBT is a structured therapy that works in the here and now with current difficulties.

- CBT is goal orientated. You will be invited to determine what your goals for therapy are; these will surround what you want to work on changing.
- There are usually tasks to do in between sessions. This forms a major part of CBT. These are agreed together and their purpose is to consolidate what you’ve worked on in session, to practice what you’ve learned or to log what’s happening in between sessions.

## How long will therapy last?

Sessions are regular, usually fortnightly and last 50-60 minutes. Following assessment, your therapist will have an idea of how many sessions you may need.

This can range from 8-20 sessions. You and your therapist will review your progress at regular intervals throughout the course of therapy.

## Who will my CBT Therapist be?

Your therapist will be a health professional who has been trained in CBT.

This might be a CBT Therapist, a Clinical Psychologist, a Clinical Associate in Applied Psychology (CAAP), a nurse, or an Allied Health Professional (AHP) e.g. an Occupational Therapist.