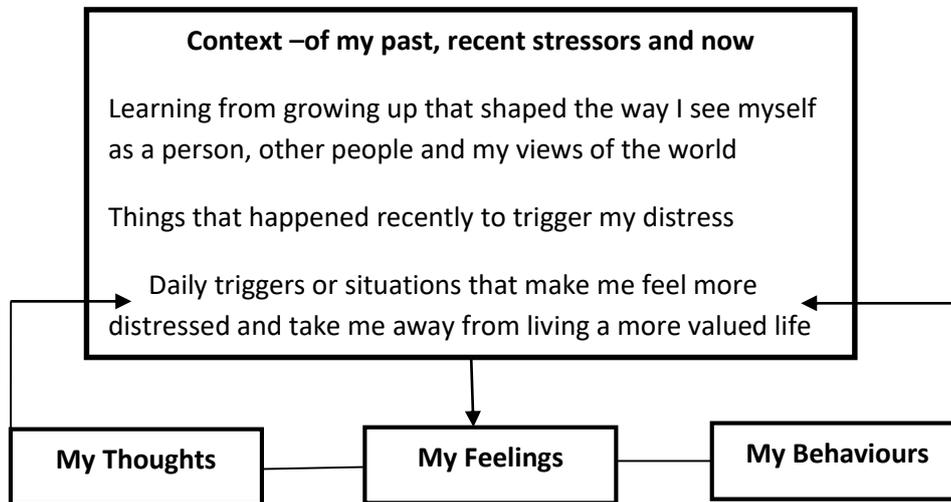


What is Cognitive Behaviour Therapy (CBT)

CBT is a talking therapy that is effective in helping people with Anxiety and Depression. It works by helping you to identify and change unhelpful thoughts (cognitions) and behaviours, which keep distress going.

CBT helps you to make sense of how your thoughts, feelings and behaviours are connected in a 'vicious cycle' that keeps distress going.



What do we do in therapy sessions?

I will help show you how to break out of the distress by introducing CBT interventions with you in sessions, and agreeing practice that you do between sessions. The homework practice you do between sessions is very important to the success of therapy, as CBT is designed to help you help yourself. I will do my best to support you in making these changes.

Changing unhelpful behaviours and challenging unhelpful thinking can lead to changes in the way you feel and break the vicious cycles. CBT is a collaborative process. It is important that you are an active partner in therapy, and that the pace of change is driven by you.

