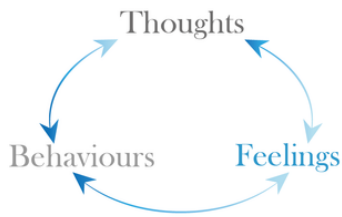




What to expect from CBT

Overview

Welcome to a quick guide to provide information on CBT and help you navigate through the type of support you're receiving. We understand that reaching out for help is not easy, so congratulate yourself for doing so. We hope this guide eases your mind and answers any questions you may have.



What is CBT

CBT stands for Cognitive Behavioural Therapy and focuses on the vicious cycle of how thoughts, behaviours and feelings impact each other and can result in a cycle of low mood or anxiety. CBT provides support for current issues, but uses longitudinal thinking to connect past events with current problems and delve into issues at a deeper level.

Expectations

As an IAPT service, our therapy sessions are short-term, which means that while you will work directly with your therapist for a few weeks, we will provide you with long-term strategies and coping techniques that you can continue once our sessions end. Your therapist may send you reading materials or ask you to complete activities before your next session – this is to support your recovery and maintain good habits, which is the fundamental part of our evidenced-based treatment of CBT.

Sessions: Assessment and Treatment

- Both types of sessions last around an 1 hour
- We offer short-term, brief intervention tailored to your needs
- They can be face-to-face, over a Teams video call, or over the phone



When attending the first session, it's helpful to arrive with an expectation of prioritising therapy and willing to make changes. CBT is about identifying unhelpful behaviours and the first session will be spent discussing what your current issue is, and what is maintaining the issue. Your therapist will suggest a treatment plan, and you will both work together to set SMART goals.

What are SMART Goals?

Specific: Who, What, When, Where and Why

Measurable: Measure and monitor progress

Achievable: Challenging but not impossible

Relevant: Closely connected to the main objective

Timely: When would you like to achieve this goal?

What's in this guide:

- Overview
- What is CBT
- Expectations
- Sessions
- SMART Goals
- Problems we treat

Problems we treat

- Health anxiety
- Social anxiety
- Generalised anxiety
- Self-esteem issues
- Depression and anxiety
- PTSD
- OCD
- Panic
- Phobias