

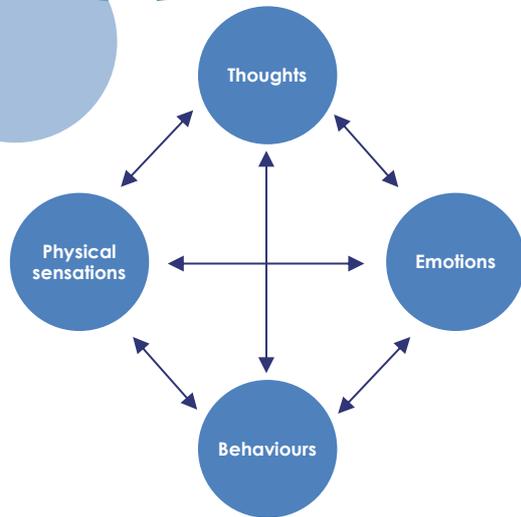
Cognitive Behavioural Therapy (CBT)

What is CBT?

CBT is an evidence-based talking therapy recommended by NICE guidelines for a number of different difficulties.

CBT focuses on our thoughts, emotions, physical symptoms and behaviours and how these areas can all link together to create a cycle, as shown in the diagram.

When we are feeling low in mood, often we notice that we might feel lethargic or have no energy, experience negative thoughts, avoid doing certain things and generally feel worse about ourselves. These four areas form a vicious cycle which can be difficult to get out of.



The same is true of times where we feel anxious. However, the cycle might be different (as shown in this diagram). The cycle can alter for each individual because we all experience things differently.

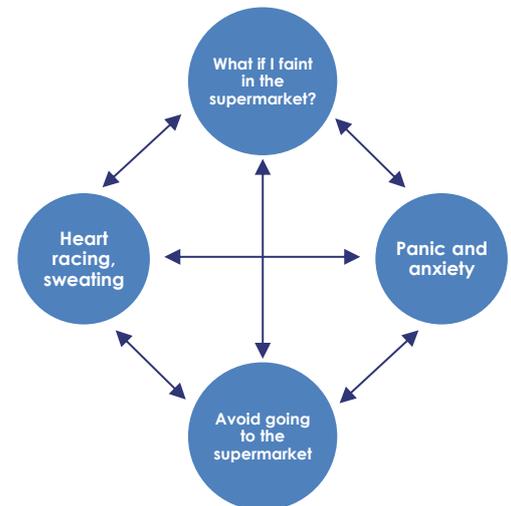
CBT helps us break this vicious cycle, by using different tools and techniques to challenge our thoughts and behaviours. This in turn, will have an effect on the other areas of the cycle (e.g. our physical symptoms and emotions).

What is involved?

When you meet with your practitioner, together you will work out what your vicious cycle looks like.

Then, you will explore different tools and techniques which aim to challenge your unhelpful thoughts and behaviours.

It is a very practical approach, with home tasks being set to work on in-between sessions. It also has a 'here and now' focus.



For more information about CBT please visit:

<https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/>

Who is it for?

CBT is recommended for individuals experiencing depression, stress, trauma related difficulties and anxiety such as OCD, social anxiety, generalised anxiety, panic and psychological symptoms associated with menopause. It can be useful for children, adults and young people.

If you have any queries about CBT or your sessions with Psychology Associates, please get in touch with us:

Telephone: 0300 303 5233

Website: www.psychologyassociates.org.uk

Email: enquiry@psychologyassociates.org.uk