

Lancashire Early Intervention Service



East Lancashire Spoke Team

The Mount
Whalley Road
Accrington
Lancashire
BB5 5DE

Tel: 01254 226390
Fax: 01254 882880

Central & West Lancashire Spoke Team

1 Ashfield Road
Chorley
PR7 1LH

Tel: 01772 645761
Fax: 01772 773545

Fylde Coast Spoke Team

Unit 1
Blackpool Technology Management Centre
Faraday Way
Bispham
Blackpool
FY2 0JW

Tel: 01253 657470
Fax: 01253 657479

Lancashire Early Intervention Service

Hope – Health – Recovery

What is Cognitive Behaviour Therapy?



Hope

Recovery

Health

www.hope-health-recovery.org.uk
Email: info@hope-health-recovery.org.uk

Facts about Cognitive Behaviour Therapy (CBT)

- Cognitive Behaviour Therapy is a ‘talking’ therapy designed to ease the distress caused from mental health problems.
- Cognitive Behaviour Therapy literally means to do with thoughts and behaviours, so you will look at both of these things with your therapist to see how they relate to your unusual experiences.
- You will work together with the therapist towards agreed objectives.
- You will explore problems that you want to explore.
- The therapist will share psychological models with you to help you understand your problems.
- You will use these psychological models together with the therapist to work out ways to improve your situation.
- You will carry out homework tasks so that you can test out ideas discussed in the therapy session.

Myths about Cognitive Behaviour Therapy (CBT)

DO NOT WORRY BECAUSE:

- The therapist will not just simply ask lots of questions, nod and take notes leaving you confused.
- The therapist will not force you to do anything that you do not want to do.
- The therapist will not try to ‘cure’ you but will share psychological methods for helping you to make changes for yourself.
- You will not have to talk about things that you are not happy talking about.
- You do not have to be highly intelligent to find cognitive therapy useful.