



Cognitive Behavioural Therapy (CBT)

This information sheet is for anyone who wants to know more about Cognitive Behavioural Therapy (CBT). It will outline what CBT involves and how it can help. If you cannot find the information you need, please ask your Care Coordinator / Case Manager.

Is it normal to get distressed and upset?

Being distressed is part of being human. Fear, sadness, shame and guilt are all normal emotions that we all experience at times. There are many factors that could lead to you experiencing these feelings. Sometimes what makes distressing experiences so much of a problem is the way that they are understood by the person and the way they are responded to.

What is Cognitive Behavioural Therapy (CBT)?

It is based on the idea that how we think and interpret our experiences affects how we feel, behave and deal with situations in our daily life.

- ❖ It uses a range of ideas and ways to explore thoughts and behaviours to help you understand your problems better.
- ❖ The aim is to find new and different ways of looking at your experiences and how you respond to them.

What would it involve?

❖ Who would be working with me?

If you are referred for CBT you will be seen by one of the therapists who work within the EIS. All therapists have relevant training and experience in CBT.

❖ Where, how often and for how long would I be seen?

We find that most people want to be seen at home, although sometimes people prefer to be seen at another location. Usually people are seen on a regular basis (eg weekly), but this depends on the individual. In terms of how long you would be seen for, this would depend entirely on what you decide to use the time for. You can discuss all this with your therapist when you meet with them.

❖ What will therapy involve?

During therapy you will work with your therapist to:-

- ❖ Develop a shared understanding of your problems / needs.
- ❖ Identify agreed goals and a plan for your work together.
- ❖ Plan new ways of doing things, which you can try out in-between sessions.
- ❖ Continuously review and evaluate the progress you and your therapist are making.

Does it involve talking about the past?

The therapy is focused mainly on present issues, but it sometimes visits the past to inform the present- to help you understand how your current problems have developed.

What happens next?

Once your case manager has discussed the option of CBT with you they will refer you to the Therapy Team. There is a waiting list for therapy. When you reach the top of the list, a member of the team will then visit you along with your case manager and talk to you about whether CBT is appropriate for you and answer any questions you might have about the process.

Further Information

- ❖ The British Association of Behavioural and Cognitive Psychotherapies website:-
www.babcp.com
- ❖ The 'Overcoming' Series (Constable and Robinson Ltd). This is a large series of self-help books which use the theories and concepts of CBT to help people overcome many common problems. Titles include 'Overcoming Depression' and 'Overcoming Low Self-Esteem'.

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