



Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is a way of talking about how what you do affects your thoughts and feelings. It can help you to change how you think ('Cognitive') and what you do ('Behaviour') to help you feel better. Instead of focusing on the cause of your distress or symptoms in the past, it looks for ways to improve your state of mind now. CBT can help you to make sense of overwhelming problems by breaking them down into smaller parts. This makes it easier to see how they are connected and how they affect you.

When does CBT help?

CBT has been shown to help with many different types of problems including: anxiety, depression, panic, phobias, stress, anger and physical health problems like pain, breathlessness or fatigue.

What training and experience does a CBT practitioner have?

At The Sara Lee Trust CBT practitioners are also trained counsellors and hold, as a minimum, Counselling and CBT diplomas. They also regularly undertake additional psychotherapeutic trainings. Trust CBT practitioners belong to the British Association for Counselling and Psychotherapy (BACP) and/or the UK Council for Psychotherapy (UKCP), they receive monthly clinical supervision, and are fully insured.

Getting started

The first appointment is an opportunity for you to have a taste of what CBT might be like and to start to explore your problems. Your therapist will ask you some questions to try to understand what you are experiencing and what you hope to achieve. At the end of the session you might want to book another appointment, or your therapist might suggest other appropriate therapies or services for you.

How long does a session last, how many will I have, and how often?

CBT sessions last up to 50 minutes. For some people one or two sessions are all they need, for others a course of 6-12 sessions might be recommended. The number and frequency of sessions is something that you will decide with your therapist and review together every few weeks.

Confidentiality

What you discuss with your therapist is confidential. There are just two exceptions to this rule:

Therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.

- At least once a month CBT practitioners have 'clinical supervision' during which they discuss their caseload with an experienced professional in confidence, to help them manage their caseload and improve their practice.
- If your therapist is concerned about risk of harm to yourself or another they may consider it is necessary to involve other professionals. Where this is the case, they would endeavour to discuss this with you first.

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