



This leaflet can be made available in other languages or formats such as large print, audio or Easy read. Contact 01249 468261

Other useful information

Royal College of Psychiatry

[Cognitive Behavioural Therapy](http://www.rcpsych.ac.uk/healthadvice/)

www.rcpsych.ac.uk/healthadvice/

Available in: Arabic, Bengali
Hindi, Persian, Polish

MIND

Factsheet on Cognitive Behavioural Therapy (CBT).

www.mind.org.uk/Information

National Institute for Health and Clinical Excellence

www.nice.org.uk

Contact us

Please talk to your care coordinator for further information.

For information on Trust services visit www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01225 362900

Free phone: 0800 073 1778

Email: awp.pals@nhs.net

Lead: Psychological Therapies Service Manager

Leaflet code: AWPAug2010-151

Last review: April 2017

Next review: April 2020

NHS

Avon and Wiltshire Mental
Health Partnership

NHS Trust

Cognitive Behavioural Therapy (CBT)

You matter, we care

What is CBT?

Cognitive Behavioural Therapy (CBT) is a talking therapy. It has been shown to be effective for a wide range of problems.

The therapist and client work together to understand problems in terms of the way people think, feel and behave.

For example, David received a letter asking him to meet with his boss. He immediately thought “*They reckon I’m rubbish and are going to sack me*”. This led him to feel really anxious, his heart started to beat faster and he felt dizzy.

He thought he would faint if it got any worse and would humiliate himself. He felt unable to go into work and avoided contact with colleagues.

Now, it could be that David is actually going to get the sack, faint and humiliate himself.

However, it might also be true that this reflects a tendency to expect the worst and to be critical of himself.

Often we think, feel and behave in a particular way for a reason. This can be related to our childhood, life experiences and the circumstances we live in (life events, families, housing, society, etc).

What does CBT involve?

You would work together with your therapist to identify the links and patterns between your thinking, how you feel, your behaviour and the effects on your life.

Together, you will develop a shared understanding of how your difficulties came about and what keeps them going.

Usually the focus is on the here and now. But you may need to think about past experiences and other influences.

You will then be able to identify goals, steps and strategies to focus on over the course of treatment. The aim is to learn more helpful ways of coping with your current and future problems.

In between sessions, you will do tasks – a chance to put into practice the things you have talked about in the sessions.

How long does CBT last?

To begin with you will usually meet weekly and then less frequently as time goes on.

Therapy can be over 10 -20 sessions; but may be shorter or longer.

Usually you would agree to meet for a fixed number of times and then have a review to see how things are going.

CBT can be done on its own or alongside other treatments such as medication. It would not usually be done at the same time as other talking therapies.

Your therapist will be a health professional such as a psychologist, nurse, doctor, social worker or counsellor.

What problems is CBT good for?

CBT has been found to help with:

- anxiety * and phobias*
- panic attacks* and agoraphobia*
- obsessive compulsive disorder *
- depression*
- bulimia* and other eating problems
- sleep problems
- sexual and relationship difficulties
- chronic pain
- chronic fatigue syndrome*
- body Dysmorphic Disorder *
- paranoia *
- hearing voices *
- bipolar disorder*
- post traumatic stress disorder *

(For those marked with * CBT has been recommended as the main psychological treatment by the National Institute for Health and Clinical Excellence.)