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## 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: [pals@awp.nhs.net](mailto:pals@awp.nhs.net)

If you need this information in another language or format (such as large print or audio tape), please call the PALS number.

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# Cognitive Remediation Therapy

Improving thinking skills

This therapy is offered to service users in the Bristol area

## Difficulties thinking

Many people with mental health problems also have memory and thinking problems. They may find it hard to concentrate, organise themselves or make plans. This can make it harder to work and live independently.

## What is Cognitive remediation therapy (CRT)?

CRT aims to help you become aware of thinking difficulties and to work out and repeatedly practice strategies to help you overcome your difficulties.

## Who is it for?

Cognitive remediation therapy is designed to help with the thinking problems linked with schizophrenia.

Studies are also looking into whether CRT may help people who have been given other diagnoses, such as schizoaffective disorder and bipolar disorder.

## What does it involve?

The therapy is computer based using a new CRT computer programme called CIRCUITS.

This takes you through a range of exercises to tackle problems with memory, concentration, flexibility of thinking and planning.

Sessions are one to one with your therapist who will help, support and guide you.

## Where and when?

Sessions are held once a week at various locations across Bristol, with each session lasting up to an hour.

Courses of treatment are usually 40 hours.

You may be able to work from home on the later sessions if you have internet access.

## The first appointment

At the first meeting, we will discuss the problems you are having.

We will show you the CIRCUITS programme. Don't worry if you are not used to using a computer. We can start right from the beginning.

We will also offer you an assessment of your thinking skills using pen and paper tests.

Please bring along reading glasses if you use them.

You and the therapist can then discuss if CRT could be useful for you.

## Want to know more?

Cognitive Remediation Therapy for Schizophrenia: Theory and Practice, Til Wykes & Clare Reeder  
Published by Routledge, 2005

[http://www.mentalhealthcare.org.uk/other\\_treatments](http://www.mentalhealthcare.org.uk/other_treatments)