

The Therapy Rooms

What is CBT?

CBT is a talking therapy that focuses on the way you think (cognitions) and/or the way you behave. CBT recognises that it is possible to change your thoughts and behaviour to make sense of and overcome specific problems.

CBT can help to get out of negative cycles by enabling you to recognise how your thinking affects your feelings and behaviour. Your therapist will work with you to break down problems into smaller parts that are then more manageable.

CBT focuses on the 'here and now' and is a practical, solution focused therapy.

Common issues that bring people to CBT

- Addictions
- Anxiety
- Chronic pain
- Depression
- Eating disorders
- Low mood
- Obsessive compulsive disorder (OCD)
- Panic attacks
- Phobias
- Post-Traumatic Stress Disorder (PTSD)
- Sleep difficulties
- Social anxiety
- Stress

Making the most of each session

You will be expected to take a pro-active role in CBT. You will be given tasks to complete at home as part of your treatment.

Who offers CBT?

Les Clarke

Tony Free

Sarah Jaiyeola