



## What sort of problems can CBT help with?

Extensive research has been carried out into CBT. CBT has been found to be an effective form of psychotherapy, particularly for the following:

- Anxiety & Panic Attacks
- Phobias (including agoraphobia, social phobia)
- Chronic Fatigue Syndrome
- Depression and sleep disorders
- Obsessive-Compulsive Disorder
- Eating problems
- General Health problems
- Chronic pain
- Habit problems (e.g., tics)
- Anger
- Drug or Alcohol problems
- Mental Illness
- Post Traumatic Stress Disorder

## Change View: 10 Key Facts about CBT

**Change:** your thoughts and actions

**Homework:** practice makes perfect

**Action:** don't just talk, do!

**Now:** dealing with the here and now

**Goals:** move towards them

**Evidence:** shows CBT can work

**View:** events from another angle

**I can do it:** self-help approach

**Experiment:** test out your beliefs

**Write it down:** to remember progress

### Leaflet Control

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# Child & Adolescent Mental Health Service (CAMHS)

## A Guide to Cognitive Behavioural Therapy (CBT)





## What is Cognitive Behavioural Therapy?

CBT is a psychological approach based on scientific principles; research has shown it to be effective for a wide range of problems. Young people and therapists work together to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour.

CBT usually focuses on difficulties in the here and now, and relies on the therapist and young person developing a shared view of the problem.

CBT therapists work with individuals, families and groups. The approaches can be used to help anyone irrespective of, culture, race, gender or sexual preference.

CBT therapists are usually health professionals such as nurses, psychologists, doctors, social workers, counselors etc.

## What happens in Cognitive Behavioural Therapy?

In Cognitive Behavioural Therapy the therapist and the young person work together to:

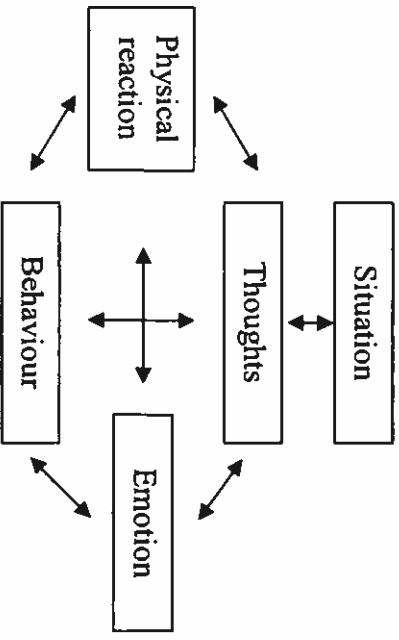
- Develop a shared understanding of the problem.
- Identify how the problem affects the young person's thoughts, behaviours, feelings and daily functioning.
- Together develop goals and agree to a shared treatment plan.

The focus of the therapy is to enable the young person to generate solutions to their problems that are more helpful than their present ways of coping. This often involves the young person using the time between therapy sessions to try things out.

Typically, sessions are weekly, last an hour and take place over a period of 10-15 sessions. After treatment the client and therapist usually agree to a limited number of follow up sessions to maintain progress

## How does CBT Work?

CBT can help you make sense of overwhelming problems by breaking them down into smaller parts. This makes it easier to see how they are all connected and how they effect you.



CBT can help you to break this vicious maintaining cycle of unhelpful thinking, feelings and behaviour. When you see the parts of the sequence clearly, you can work on making changes and so, through building evidence for a new more helpful way of thinking, change the way you feel. CBT aims to get you to a point where you can do it yourself, and work out your own ways of tackling these problems.