

IAPT TALKING THERAPIES NORTHANTS

We are a person centred service based in Northamptonshire for individuals who are suffering from mild to moderate depression and / or anxiety such as general anxiety and social anxiety. We help to improve access to psychological therapies (IAPT) for adults across Northamptonshire.

IAPT is not an emergency service and is not open 24 hours a day. Call the Mental Health Number for 24/7 support on: 0800 448 0828. If you are worried about your safety or the safety of others please contact your GP or phone 111.



**Northamptonshire Healthcare
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Telephone: 0300 999 1616
www.nhft.nhs.uk/iapt**



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফ্লেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে 0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন
Jei šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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**COGNITIVE
BEHAVIOURAL
THERAPY
(CBT)**



IAPT TALKING THERAPIES NORTHANTS



0300 999 1616



nhft.nhs.uk/iapt



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHAT IS CBT?

CBT stands for Cognitive Behavioural Therapy. CBT is a talking therapy based on thoughts, emotions, what we do, how our bodies feel, and how they connect. If we change one of these, we can alter all the others.



When we're feeling low or upset, we often fall into thinking and behaviour patterns, making us feel worse. CBT works to help us notice and change problematic thinking styles or behaviour patterns to feel better.

WHAT CAN CBT HELP?

CBT is for anyone, any age. It is recommended in National Institute for Health and Clinical Excellence (NICE) guidelines to help with a range of physical and mental health problems. There is research that proves CBT can be effective in helping people with these difficulties.

CBT may help with problems such as:

- Depression
- Social Anxiety and Generalised Anxiety
- Obsessive compulsive disorder (OCD)
- Phobias
- Post-traumatic stress disorder (PTSD)
- Low self-esteem
- Long-term physical health conditions

Taking medication prescribed by a GP or other doctor doesn't stop you from engaging in a course of CBT but you can also choose to have CBT without medication.

CBT SESSIONS - WHAT HAPPENS?

CBT is a collaborative therapy – you and the CBT therapist work together on mutually agreed goals.

CBT takes place in individual sessions (meetings) with a therapist. The number of CBT sessions needed depends on the difficulty you are experiencing. It is often between six and twenty weekly sessions - usually lasting about an hour.

CBT is mainly concerned with how we think and act now. However, sometimes our current difficulties are related to things that have happened in our past, and so these past experiences might also be part of what we discuss.

Goals for CBT therapy are set together with the therapist after talking to understand the problem correctly.

Sessions begin with agenda setting - agreeing together what that session will focus on. A therapist will not tell someone coming for therapy what to do or what to talk about.

CBT therapy works best when it involves working on things in between sessions as well as during them. Tasks will be planned together.

As the therapy comes to an end, we will think together about using CBT techniques in daily life after treatment.

HOW SESSIONS WILL TAKE PLACE

You may meet with your therapist face-to-face, via Microsoft Teams or over the phone.

If you and your therapist meet in person, you and the therapist will need to wear a mask in these situations unless you are exempt from doing so.

Please speak to your therapist to find out which options you have.