

Everybody's Mental Health Matters



Cognitive Behavioural Therapy (CBT)

What is CBT?

CBT is a psychological treatment that is used for a range of disorders; it is a way of challenging how you look at the world and other people. Unlike some forms of counseling it does not focus on your past, but instead looks at the way a person thinks and reacts to difficulties and perceived difficulties in the present. One way CBT does this is by challenging unwanted/negative thoughts, feelings and attitudes and looking at how these can be replaced by something more positive.

How Can CBT Be Used?

The following example is taken from the Royal College of Psychiatry <http://www.rcpsych.ac.uk>

Situation: You've had a bad day and feel fed up, so go out shopping. As you walk down the road, someone you know walks by and apparently ignores you.

	Un-Helpful	Helpful
Thoughts:	He/she ignored me – they don't like me	He/she looks a bit preoccupied - I wonder if there's something wrong?
Emotional Feelings	Low, Sad & Rejected	Concern for other person.
Physical:	Stomach Cramps, Low Energy	None – Feel Comfortable
Action:	Go home, avoid them	Get in touch, ensure they are ok

What is CBT used for?

CBT can be helpful for people experiencing:

- Anxiety
- Panic
- Depression
- Social Phobia
- Agora & Other phobias
- Bulimia
- Obsessive Compulsive Disorder (OCD)
- Post Traumatic Stress Disorder (PTSD)

It can also be useful in helping people cope with the affects of other disorders such as Schizophrenia and autistic spectrum disorders.

Further Information

<http://www.rcpsych.ac.uk>

www.nhsdirect.nhs.uk

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