

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
- Child and adolescent problems
- General Health problems
- Chronic Pain
- Habit problems (e.g. tics)
- Anger
- Drug or Alcohol problems
- Schizophrenia and Psychosis
- Bipolar Disorder
- Post Traumatic Stress Disorder

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Further information about Trafford Healthcare NHS Trust is available at www.trafford.nhs.uk.

For any further information please contact Rachel Knights BABCP accredited Cognitive Behavioural Therapist at Trafford CAMHS

閣下如果需要這傳單其他形式的副本，便請一位會說英語的親人致電 0161 746 2019 聯絡塞福特病者諮詢及連絡服務。

إذا كنت ترغب في مطوية بشكل آخر فرجاء إرسال قريبا لك يتحدث اللغة الإنكليزية ليتصل بخدمة ترافورد لنصح المرضى و العلاقات على هاتف : 0161 7462019

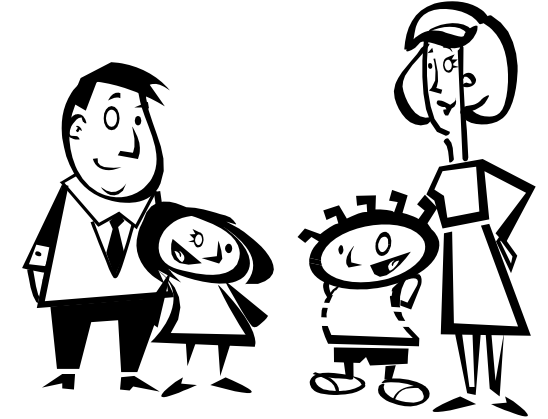
چنانچه مایل به داشتن این جزوه در شکل و اندازه دیگری میباشد، از یکی از اقوام و آشنایان خود که زبان انگلیسی میدانند بخواهید به قسمت خدمات مشاوره و هماهنگی بیماران در ترافورد شماره تلفن 0161 746 2019 تماس بگیرد.

Jeśli potrzebujesz tej ulotki w innym formacie poproś krewnego mówiącego po angielsku o skontaktowanie się z The Trafford Patient Advice and Liaison Service pod numerem telefonu 0161 746 2019.

اگر آپ کو یہ لفلٹ کی ادھی صورت میں چاہئے تو انگریزی میں لکھے والے لپٹے کی روشنی دار کاپی ڈیولپمنٹ ایڈوائس ایجنس کے ساتھ ملینا۔ نمبر 0161 746 2019 پر رابطہ کرنے کیلئے کہیں۔

If you require this leaflet in another format please ask an English speaking relative to contact the Trafford Patient Advice and Liaison Service on 0161 746 2019.

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Trafford Child and Adolescent Mental Health Service

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, counsellors etc.

What Happens in Cognitive Behavioural Therapy?

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

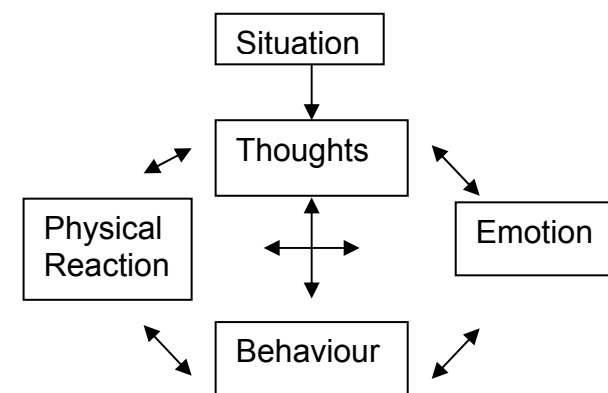
- Develop a shared understanding of the problem.
- Identify how the problem affects the young person's thoughts, behaviours, feelings and daily functioning.
- Together develop Goals and agree to a shared treatment plan.

The focus of 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 to 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 to 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 affect 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.