

CBT can help you to break this vicious circle of altered thinking, feelings and behaviour. When you see the parts of the sequence clearly, you can change them - and so 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.

The work

- ◆ With the therapist, you break each problem down into its separate parts. Your therapist may ask you to keep a diary, to help you identify your individual patterns of thoughts, emotions, bodily feelings and actions.
- ◆ Together you will look at your thoughts, feelings and behaviours to work out 1) if they are unrealistic or unhelpful 2) how they affect each other and you
- ◆ The therapist will then help you to work out how to change unhelpful thoughts and behaviours
- ◆ Its easy to talk about doing something, much harder to actually do it. So, after you have identified what you can change, your therapist will recommend 'homework' - you practice these changes in your everyday life.
- ◆ They will not ask you to do things you don't want to do - you decide the pace of the treatment and what you will and wont try.

How effective is CBT?

- ◆ It is one of the most effective treatments for conditions where anxiety or depression is the main problem
- ◆ It is as effective as antidepressants for many types of depression

So what impact would CBT have on my life?

Depression and anxiety are unpleasant. They can seriously affect your ability to work and enjoy life. **CBT** can help you to control the symptoms. It is unlikely to have a negative effect on your life, apart from the time you need to give up to do it.

The Road Centre Ltd

Counselling Training Wellbeing

Cognitive Behavioural Therapy (CBT)

What is CBT?

It is a way of talking about:

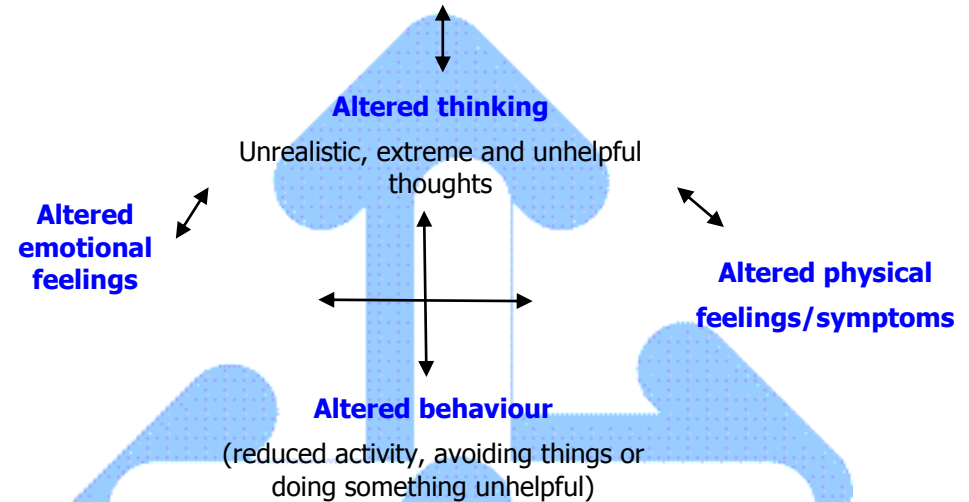
- ◆ How you think about yourself, the world and other people
- ◆ How what you do affects your thoughts and feelings

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A five Areas Assessment

A life situation, relationship or practical problems

(e.g. a problem/difficult situation/event occurs)



An example: The Situation

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

	Unhelpful	Helpful
Thoughts:	He/she ignored me - they don't like me	He/she looks a bit wrapped up in themselves - I wonder if there's something wrong?
Emotional Feelings:	Low, sad and rejected	Concerned for the other person, positive
Physical:	Stomach cramps, low energy, feel sick	None - feel comfortable
Action:	Go home and avoid them	Get in touch to make sure they're OK

CBT can help you to change how you think ('Cognitive') and what you do ('Behaviour'). These changes can help you to feel better. Unlike some of the other talking treatments, it focuses on the 'here and now' problems and difficulties. Instead of focusing on the distress or symptoms in the past, it looks for ways to improve your state of mind.

When does CBT Help?

CBT has been shown to help with many different types of problems. These include: anxiety, depression, panic, phobias, stress, bulimia, obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder and psychosis. **CBT** may also help if you have difficulties with anger, a low opinion of yourself or physical health problems, like pain or fatigue.

How does it 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 connected and how they affect you. These parts are:

- ◆ A situation - a problem, event or difficult situation.
- ◆ Thoughts
- ◆ Emotions
- ◆ Physical feelings
- ◆ Actions

Each of these areas can affect the others. How you think about a problem can affect how you feel physically and emotionally.