**What is Cognitive Behavioural Therapy?**

**Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave.**

Cognitive Behaviour Therapy is a highly successful therapy most commonly used to treat [anxiety](https://www.nhs.uk/conditions/generalised-anxiety-disorder/) and [depression](https://www.nhs.uk/conditions/clinical-depression/), but can be useful for other mental and physical health problems. CBT is is an extremely valuable tool, which is very highly regarded within the medical profession.

CBT concentrates on negative feelings or behaviours led by destructive thought patterns. A distorted thinking pattern can bring a view with attached feelings of despair, depression, anxiety, frustration, and anger. CBT can help to change this process and moving the person forward and beyond the behaviour.

**How many sessions of CBT will I need?**

A course of CBT can be from 5 – 20 sessions and each session will last for approximately 60 minutes.

**How does it work?**

CBT is based on the concept that our minds and bodies are interconnected (our thoughts, feelings and actions). CBT focuses on your current situation and desired future outcomes. CBT can help you to:

* Deal with overwhelming problems.
* Cope with physical symptoms and long term conditions better.

**What happens during a CBT session?**

You will work with your therapist to:

* Break down your problem into their separate parts, including any thoughts, feelings and behaviours.
* Identify helpful and unhelpful thoughts, feelings and behaviours associated to your problem.
* Analyse thoughts, feelings and behaviours associated with your problem and how they might be interconnected.
* Develop useful ways that you can change any unhelpful thoughts, feelings or behaviours.
* Plan practice activities that you complete outside of your therapy sessions.
* Review your CBT practice and outcomes.
* Plan coping strategies that you can apply at the end of your course of therapy.

The overall aim of CBT sessions is to teach you useful and practical strategies that you can apply in your daily life, during and after your course of treatment has finished.

**Important considerations:**

* CBT is highly structured.
* You will need to commit yourself to the process, including the practice activities, as agreed, outside of your sessions.
* CBT may not be suitable if you have complex mental health needs or learning difficulties.
* CBT involves confronting your emotions and anxieties.
* CBT focuses on your capacity to change yourself and cannot address wider issues such as systems or families that can have significant impact on a person’s health and wellbeing.