

# Cognitive Behaviour Therapy (CBT)





## Cognitive Behaviour Therapy (CBT)



CBT helps you to look at your problems and give you ways to cope with them. To help you think about good things - not bad.



By talking about these things it can help you change how you think and how you behave, which can help you feel better about yourself.



**CBT is a talking treatment  
that can help you think about:**

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*coping with life everyday*

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*very stressful times in your life now*



feelings of guilt

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anxiety- depression



eating problems



drink or drug abuse



obsessive compulsive disorder

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phobias

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panic attacks

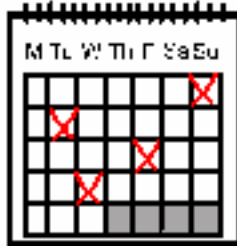
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sleep problems



How often do you see the therapist?



it can be weekly or fortnightly.



the therapist will tell you how many times you will need to see them.



when this therapy is finished you should have ways to cope with your problems and anxieties.



## how does CBT help?



it may not stop your problems but you will be able to control and cope with them better.



You can ask to have more CBT sessions at any time if you need them.





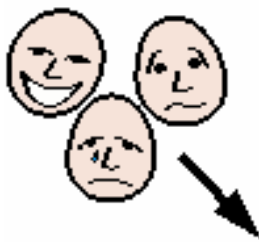
the therapist will ask you to talk about:



- what you think about yourself



- what you think about other people



- how your moods and behaviours affect you and others