

WHAT IS CBT ?

CAN IT HELP ?

COGNITIVE BEHAVIOURAL THERAPY (CBT)

THOUGHTS
FEELINGS
PHYSICAL SENSATIONS
BEHAVIOURS

FOCUS ON THE HERE AND NOW

Focus on the problems that are currently having an impact on your life. You might also explore past events but thinking about how past experiences might have shaped how you see the world now.



EVIDENCED BASED

Cognitive Behavioural Therapy, commonly referred to as CBT, is a type of skills based talking therapy that can help you manage your problems by changing how you think and the way you behave. CBT is a flexible approach to understanding and overcoming mental health difficulties.

CBT is recommended by the National Institute for Health and Care Excellence (NICE) guidelines.

EFFECTIVE FOR ...

Anxiety & Worry
Depression
Obsessive Compulsive Disorder (OCD)
Panic Disorder
Phobias
Post-Traumatic Stress Disorder (PTSD)
Low Self Esteem

TAKE ACTION

‘Nothing changes if nothing changes’

COGNITIVE BEHAVIOURAL THERAPY (CBT)

THOUGHTS
FEELINGS
PHYSICAL SENSATIONS
BEHAVIOURS

NEGATIVE CYCLES

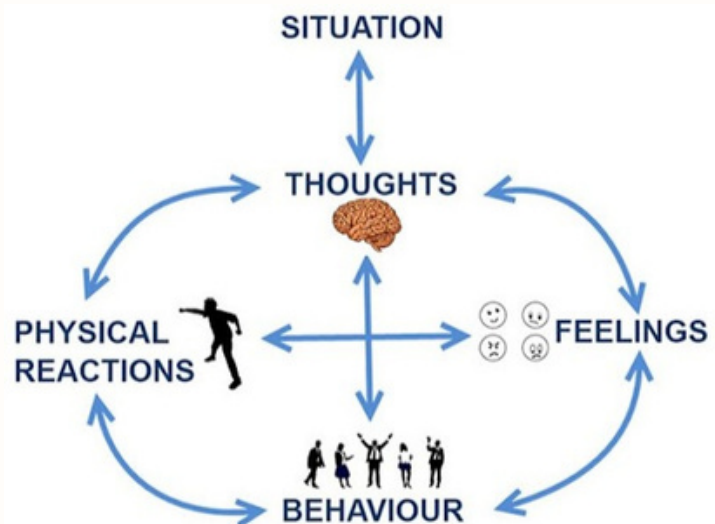
Our thoughts, feelings, and behaviours are constantly interacting and influencing one another. Look at this example



DEVELOPING CURIOSITY

Once you have figured out your own unhelpful thoughts and behaviours in different situations, you will be encouraged to apply techniques such as activity planning, keeping a thought diary, relaxation practice to help you face your fears.

Changing patterns of thinking and behaving can take some time, and like any skill requires patience and practice!



VICIOUS CYCLE

'OUR THOUGHTS, FEELINGS, PHYSICAL REACTIONS AND BEHAVIOURS ARE ALL INTERCONNECTED'

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If you interpret a situation in a negative way, then you will likely experience negative thoughts and unpleasant emotions such as lowered mood, anxiety, anger or fear. Such feelings might lead you to behave in a certain way.

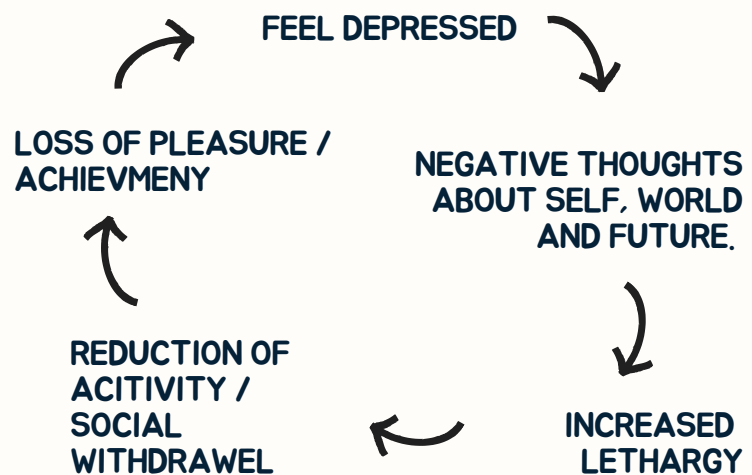
This can lead to a vicious cycle of negative thoughts, feelings and behaviours, which can develop into depression or anxiety.



TOP TIPS

The key thing to remember is that, according to CBT, when we feel anxious or low, our thoughts tend to be more negative and this influences how we feel and how we behave. Our thoughts are shaped by our beliefs, and our beliefs are shaped by our experiences.

Over time, this can lead us to develop unhelpful coping strategies, such as avoidance or inactivity which then keeps this vicious cycle going.



'WE CAN'T SOLVE PROBLEMS USING THE SAME KIND OF THINKING WE USED WHEN WE CREATED THEM'

COGNITIVE BEHAVIOURAL THERAPY (CBT)

At Wellbeing Services we offer a variety of self-help materials and interventions for all sorts of problems that you may be facing.



www.wellbeing-glasgow.org.uk



HOW IT WORKS

CBT aims to help you identify your maintaining factors and to help you change these in the following ways:

- Psychoeducation
- Relaxation
- Sleep Hygiene
- Identifying and challenging unhelpful thoughts and beliefs
- Increasing valued activity
- Problem Solving
- Facing your fears (Exposure therapy)
- Self-Management

If you have a G.P. in the Southside of Glasgow you can refer to us for treatment. You can do this yourself by visiting our "Virtual Courses" webpage or by phoning us. We also accept written referrals from G.P.'s, CMHT's and external/internal agencies.

If your G.P. is not registered within the Southside of Glasgow don't worry as anyone can download the self-help materials. If you feel you need further support please get in touch with your G.P.