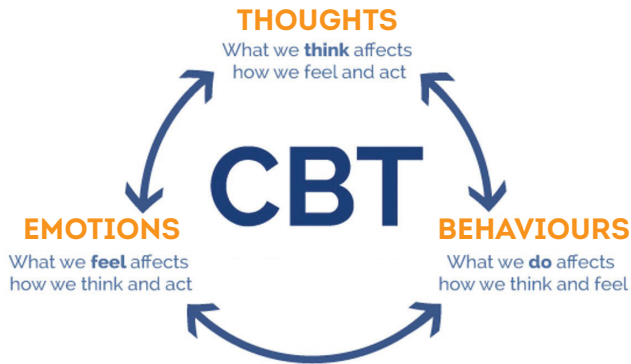


What is CBT?

CBT stands for Cognitive Behavioural Therapy. It can help you understand and cope with your experiences in helpful ways.

When we are low or upset, we often fall into patterns of thinking and responding which can worsen how we feel. CBT helps us to notice and change these problematic thinking styles or behaviour patterns so we can feel better.



What does it help with?

CBT has been proven to help with a wide range of difficulties. Some of these include:

- ✓ anxiety disorders (including panic attacks, worry and social anxiety)
- ✓ depression
- ✓ obsessive compulsive disorder (OCD)
- ✓ post-traumatic stress disorder (PTSD)

Where are we based?

We are located Trust wide in locations at

- Newry and Mourne
- Craigavon and Banbridge
- Armagh and Dungannon

CONTACT INFORMATION

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CRISIS CONTACT INFORMATION

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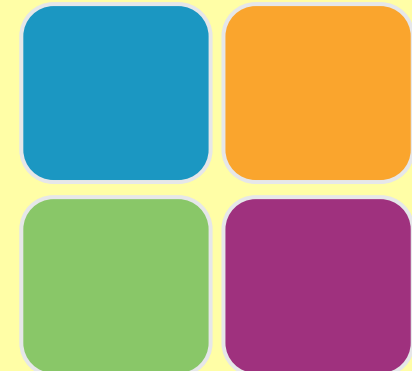
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Ensuring our clients have informed
choice about the right treatments
at the right time.

SERVICE INFORMATION



'We are here to help and support you'

What does a CBT session look like?

Typically CBT sessions might involve:

- ✓ Discussing problems that you want to work on
- ✓ Setting specific goals to work towards
- ✓ Exploring thoughts, feelings, and behaviours (sometimes using charts, whiteboards or diagrams)
- ✓ Practising skills you have learned during and between sessions, or reading material that will help you better understand your situation.
- ✓ Sessions are weekly and last 50 minutes. We will agree together tasks for completion at home, and this may involve recording things like thoughts, moods or other activities for discussion at the next session.

What is important?

A really important part of CBT is working together with a therapist to address your difficulties and set goals you think are important.

What will the Journey look like?

Treatment starts with assessment which allows you and your therapist to get a good understanding of your issues and how these may have developed. You can then explore together how they affect your life, and what keeps them going. Although we may talk about past experiences, CBT is structured to work in the here and now.

You may be offered individual sessions or therapy as part of a group. If you have access to a computer or smart device you may be offered the option to attend virtually.

“ CBT really, really has helped me, I have learned so much about my thoughts that I never knew before ”

Will it work for me?

NICE (National Institute of Clinical Excellence) recommends CBT as an excellent therapy with great success in addressing issues such as anxiety and depression. Sometimes a combination of medication and CBT can also lead to good results; your therapist will discuss this with you during your assessment and treatment.

We understand that finding new ways of coping with distressing thoughts can be upsetting at times. Your therapist will guide you through this in a sensitive and caring way with support available. Staff in the Southern Trust CBT Team are fully qualified CBT therapists, and this means you can be assured you are receiving the best evidence-based care and treatment.



How many sessions will I need?

After your assessment your therapist will discuss a specific treatment plan for your needs and this can be between 6 and 20 sessions. To benefit from CBT, you will need to be prepared to attend sessions on a regular basis.

“ For sure CBT has helped me understand why my thinking makes me anxious. ”

Who will deliver my treatment?

The Southern Trust CBT service staff provide treatment and are all fully qualified trained CBT therapists. This means you can be assured you are receiving the best evidence based delivery of care and treatment.

“ I would absolutely recommend. It helps you to get your life back and to start living again. It's life changing. ”