



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

COGNITIVE BEHAVIOURAL PSYCHOTHERAPY **(CBT THERAPY)**

What is CBT Therapy?

CBT is an evidence-based approach which has been recommended by The National Institute for Clinical Excellence (N.I.C.E.) as a treatment for anxiety, depression, OCD, phobias, acute stress, PTSD, eating disorders and is very helpful in the treatment of many other problems/conditions. The key basics of CBT therapy are:

- CBT is a systems approach based on the 5-factor model. This means that you and your therapist explore and talk through your thoughts, feelings, behaviours, physical sensations and environment/situation and discuss how these influence each other to maintain the concerns and problems you're experiencing.
- CBT involves active collaboration between you (client) and your therapist - working together to challenge and change unhelpful thoughts, feelings, behaviours and physical sensations that play a part in your problem(s). The aim is to, over time, improve quality of life and help you address the concerns and problems you are facing.
- CBT takes a collaborative, yet focused and structured problem-solving approach in setting and working towards realistic therapeutic goals which you and your therapist evaluate on a session-by session-basis.
- There's many myths about CBT, especially those suggesting that it's mechanistic. However, such myths are not true. A well-trained psychotherapist will tailor therapy to your individual needs and explore the past and present, if necessary. Well-trained CBT therapists are warm, empathic, understanding and work with you, collaboratively, to tailor

therapy to you. Contrary to myth, CBT can be long-term or short-term and depends on the individual client and your problems. We go at YOUR pace!

- As part of the therapeutic process, you will engage in pre-agreed homework or 'between-session' tasks to help you test out and evaluate the new skills you are learning. This also helps you get the most out of therapy!
- CBT Therapy is private and confidential. Confidentiality, cancellations, appointments, working agreements and so will be explained by your therapist at the initial appointment