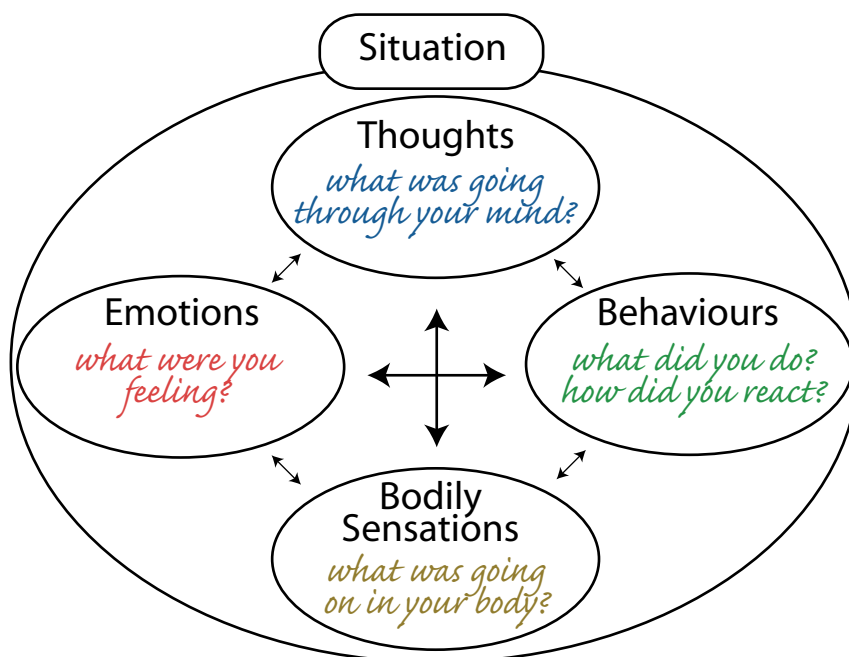


What is Cognitive Behavioural Therapy (CBT)?

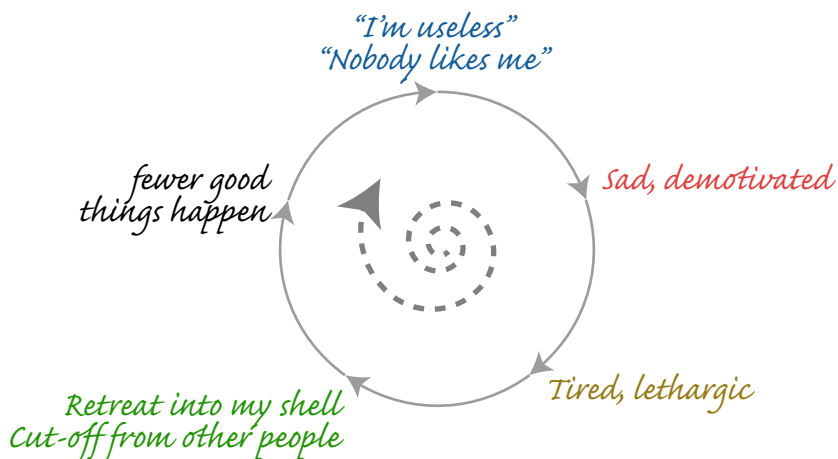
The key idea behind cognitive behavioural therapy is that:



CBT is 'present focused'. That means it works with thoughts and feelings in the here-and-now. A cognitive behavioural therapist will try to understand a situation by looking at separate parts:



Sometimes, through no fault of their own, people get 'stuck' in vicious cycles: the things they do to solve a problem can inadvertently keep it going.



CBT is about finding out what is keeping us 'stuck' and making changes in our thinking and actions in order to improve the way we feel. It is a collaborative therapy and needs your active participation in order to be helpful. There is a lot of evidence to show it is an effective treatment.