

Psychological Therapy Factsheet 4

This factsheet is about **Cognitive Behavioural Therapy**. We call this **CBT** for short. **CBT** is a **psychological therapy**.



Psychological therapy is treatment to help you feel better in your mind.



A **therapist** will help you with your treatment. A **therapist** is someone who has been trained to help people with their thoughts and feelings.





What is CBT

CBT is a talking therapy. It helps children, young people and adults to think about situations in a new way.



For example, if you are worried about going on a journey or meeting someone new, then **CBT** can help to change this.

You and your therapist will talk together and work together on things you might be worried about or want to change.



How CBT helps you

CBT helps you to see a situation in a new way.

CBT helps you to see that the way you are or the way you feel can change.



CBT helps you to change your behaviour.



CBT helps you to deal with situations in the future that you might be worried about.

What happens in a **CBT** session

You can get **CBT** on your own or as part of a group.

You will need to go to your **CBT** sessions regularly. A session on your own will last for about 1 hour. Group sessions can last for 90 minutes.

Your therapist will agree what you are going to work on together in each session.

We might ask you some questions so we can check how the **CBT** is going.

You can find out more about **psychological therapy** and **CBT** by going to this website

www.babcp.com

