

ENCOURAGEMENT
UNDERSTANDING HOPE
INSPIRATION RELAXATION
COGNITIVE BEHAVIOUR THERAPY
CARE DEPENDENCY
FREEDOM PLEASURE RELIEF
EXHILARATION
ACCOMPLISHMENT
STIMULATING LIGHTENING
COMFORT CLEAN REVITALISING
OPTIMISM PLEASURE
WHOLENESS SOOTHING
QUALITY CARE PROTECTION
SUPPORT WELLBEING VIGOR
HAPPINESS VITALITY REST
GUIDANCE TRUST HELP
DEVELOPMENT NOURISHING
HOPE HEALTH LOVE
REFRESHING STIMULATING
HEALING LEARNING AND
SANCTUARY ENERGY
STRENGTH EDUCATION SAFE
ASSIST MAINTAIN AID
CARE

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Cognitive behaviour therapy (CBT) can help treat a wide range of physical and emotional problems, and it's one of the most effective forms of psychotherapy. This leaflet explains how it works, and how it can help you.

What is CBT?

CBT is a treatment that challenges the way we think (cognitive) and act (behaviour). By doing this it aims to change the feelings that create emotional and physical problems.

How does CBT work?

From past experiences, you may have developed unhelpful beliefs and negative thoughts about yourself, others and certain situations. These create the feelings that lead to your emotional or physical problem. CBT helps you see that these beliefs and thoughts are no longer relevant to new situations, and to think in a more balanced way. It also challenges you to change parts of your behaviour that are allowing your problem to continue.

What problems can CBT help treat?

CBT is a highly effective process, and has been successful in treating a wide range of emotional and physical problems, including:

- anxiety and panic disorders;
- obsessive compulsive disorder (OCD);
- post traumatic stress disorder (PTSD);
- eating disorders, including anorexia, binge-eating and bulimia;
- body dysmorphic disorder (BDD);
- phobias;
- depression;
- stress-related problems; and
- grief.

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How will a CBT session work?

The CBT therapist will work with you in three areas to:

- understand your beliefs and the underlying assumptions you have about yourself, others and the world around you;
- understand how these affect your current behaviour, feelings and thoughts; and
- try and alter the conditions which control your problem.

Depending on your problem, CBT can be used alone or together with prescribed medication.

How long will a course of CBT take?

Your therapist will agree with you how many sessions you need, depending on your condition and how severe it is. Each session will last up to an hour. You will usually have one session each week to allow you time between sessions to work on the aims your therapist has set for you. At the end of your therapy, you and your therapist may agree to a limited number of follow-up sessions.

Will I be seeing a therapist alone or in a group?

Most patients have individual and group sessions. Our experience shows that the support and encouragement patients receive from their group helps their progress.

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Finding help

Contacting your GP is often the easiest way to get help and further treatment. He or she may be able to refer you to a CBT treatment programme.

If you're worried about talking to your GP, consider writing down your concerns and questions. You can:

- take a friend or family member with you;
- see another doctor in the practice; or
- join a new GP practice.

The type of professional support offered will depend on the services that are available in your area and the arrangements that your primary care trust (PCT) has with other health authorities or private providers.

You can also contact the following organisations for more information.

- British Association for Behavioural and Cognitive Psychotherapies
Website: www.babcp.com
- Priory:
Phone: 0845 4 PRIORY
0845 4 774679
Website: www.priorygroup.com

If you are interested in receiving treatment from us, your GP will be able to refer you.

If you or your relative have private medical insurance, your insurer will probably insist that your GP refers you to us.

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Why should I choose Priory?

Our service

At Priory, our committed and professional staff provide the highest standards of care, understanding and service for everyone. This service brings hope and confidence, allowing our patients to take control of their lives within a safe and secure environment.

Expertise and innovation

Through our close links with the public and private sectors, we've developed the expertise and innovation to offer consistent and successful treatment. And, as Europe's leading independent provider of specialist mental health, neuro-rehabilitation and special education services, we bring experience and an excellent reputation.

This document has been edited by Dr Austin Tate MB ChB FRCPsych DPM, with the help of Plain English Campaign (www.plainenglish.co.uk).

The Crystal Mark applies to wording only.



FREEDOM PLEASURE RELIEF

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The Priory Hospital Brighton & Hove

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The Priory Hospital Bristol

Heath House Lane, Stapleton, Bristol, BS16 1EQ
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The Priory Hospital Chelmsford

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The Priory Hospital Glasgow

38-40 Mansionhouse Road, Glasgow, G41 3DW
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The Priory Hospital Hayes Grove

Prestons Road, Hayes, Bromley, Kent, BR2 7AS
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The Priory Hospital North London

Grovelands House, The Bourne, Southgate, London, N14 6RA
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The Priory Clinic Nottingham

Ransom Road, Nottingham, NG3 5GS
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The Priory Hospital Preston

Rosemary Lane, Bartle, Preston, Lancashire, PR4 0HB
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The Priory Hospital Roehampton

Priory Lane, Roehampton, London, SW15 5JJ
Phone: 020 8876 8261 Fax: 020 8392 2632

The Priory Hospital Southampton

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The Priory Ticehurst House

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