

## Cognitive Behaviour Therapy

### What is CBT?

Cognitive behaviour therapy (CBT) is one of the leading talking therapies. There is a large evidence base that suggests that this type of therapy is very effective at helping to reduce stress, anxiety and depression.

Clients are required to set goals, read materials and work on techniques between sessions. CBT aims to equip clients with the tools to help themselves and, in the future, work out their own ways of tackling difficulties.

CBT explores the way we think (cognitive), the actions we take (behaviour) and how this can affect how we feel. Making positive changes in one of these areas will affect the others and can help us manage our stresses better.



While it is helpful to discuss the past and understand how it influences our lives and how difficulties have developed, CBT mostly focuses on looking for ways to improve mental wellbeing in the here and now.

### Why choose CBT?

CBT is suitable for any employee who is experiencing difficulties that are impacting on their work and productivity, and who you wish to provide with some external support for. You both may feel that they require more general and longer term support than our guided self-help service offers.

CBT is a client-active therapy. It is different to counselling, which is non-directive, empathetic and supportive. Although the wellbeing consultant will offer support and empathy, CBT has a specific structure, is problem-focused and offers practical skills for coping.