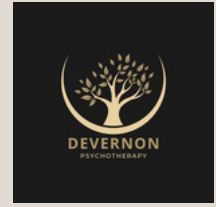


What is Cognitive Behavioural Therapy?



Cognitive Behavioural Therapy (CBT) is a structured, goal-oriented approach that helps you understand the connection between your thoughts, behaviours, and emotions. By learning how these elements interact, you can adopt more adaptive thinking and coping strategies to improve your mental well-being.

THE IDEAS BEHIND CBT

- 1. Thoughts Influence Feelings and Behaviours:** What you think directly affects how you feel and act. Negative thought patterns can lead to destructive emotions and behaviours.
- 2. The Vicious Cycle of Mental Health Difficulties:** Many people experience a 'vicious cycle' where unhelpful patterns of thinking and behaving maintain their mental health challenges. Your attempts to solve problems might inadvertently keep this cycle going.

HOW CBT CAN HELP

Breaking the Cycle: CBT provides tools to identify and challenge your negative thoughts. By altering these thoughts, you can change your emotional responses and behaviours.

Developing Skills for Life: The skills you learn in CBT can be applied long after therapy ends, helping you handle future challenges more effectively.

KEY FEATURES OF CBT

- **Number of Sessions:** Typically ranges from 6 to 25 sessions, depending on your individual needs.
- **Structure:** Each session last 50 minutes and follows a structured format to ensure efficient progress.
- **Questionnaires:** Used to assess your symptoms and progress regularly.
- **Between Session Tasks:** Practical assignments are given to practice in between sessions.
- **What about Medication?:** CBT can be effective with or without medication. We work with you and your healthcare provider to find the best approach for you.
- **Measuring Progress:** Regular reviews will help track your improvements and refine goals.

TAKE THE NEXT STEP

Interested in learning more? Book a free consultation today to see how CBT can address your unique challenges and help pave the way to a healthier mindset.

[Book Now](#)