

## What is CBT?

Cognitive Behavioural Therapy is a talking therapy that can help you manage your difficulties by changing the way you think and behaviour.

It's most commonly used to treat anxiety and depression, but can be useful for other mental and physical health difficulties.

## Uses for CBT

CBT has been shown to be an effective way of treating a number of different mental health conditions, such as: phobias, OCD, panic disorder, issues with sleep, bipolar disorder, issues with food, low mood, anxiety and many more.

It can also be used to treat people with long term physical health conditions such as: IBS and chronic fatigue.

## CBT Fact Sheet

### How CBT works

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected and that negative thoughts and feelings can trap you in a vicious cycle.

CBT aims to help you deal with overwhelming difficulties in a more positive way by breaking them down. You're shown how to change these negative patterns to improve the way you feel.

### CBT at CAMHS

At your initial appointment treatment will be discussed and this may be CBT depending on your presenting difficulties.

CBT can be delivered in many different ways and from a variety of different clinicians.

Your clinician will discuss what is best for you and will explain fully how the sessions will work. It could include talking, practical activities or filling in worksheets.

<https://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/>