

Cognitive Behavioural Therapy video transcript

0:00:01.920,0:00:07.680

Cognitive Behavioural Therapy, often known as CBT, involves exploring your thoughts,

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feelings, and behaviours with the goal of making changes that will improve your wellbeing. A common

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misconception is that CBT is just about positive thinking. It is actually about challenging

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unhelpful thoughts and beliefs and developing more balanced patterns in how we think and act.

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This requires a tailored approach that considers your physical and social wellbeing,

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not just your psychological wellbeing. Research has shown CBT to be effective in treating the

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symptoms of various mental health problems such as feeling low, worrying, irritability, avoidance,

0:00:45.200,0:00:52.800

obsessive thoughts, flashbacks, and nightmares.

CBT is only available by online video call or face

0:00:52.800,0:01:00.160

to face at one of our locations. We do not offer these more in-depth courses of CBT by phone call.

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Most people will receive 8 to 12 treatment sessions, usually lasting up to 60 minutes,

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but this may vary depending on your situation. Your therapist will work with you to create your

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personal treatment plan and goals. Your treatment could involve a range of different activities,

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such as keeping a thought diary or setting challenges to test out your new skills. To

0:01:23.360,0:01:29.600

access CBT from NHS Berkshire Talking Therapies, you need to complete a wellbeing assessment and be

0:01:29.600,0:01:34.560

offered this treatment by one of our therapists. You may be offered a different treatment if

0:01:34.560,0:01:40.720

we find another therapy or service is better suited to your needs. You can refer yourself

0:01:40.720,0:01:47.360

for a wellbeing assessment by completing the online form which can be found on our web page.