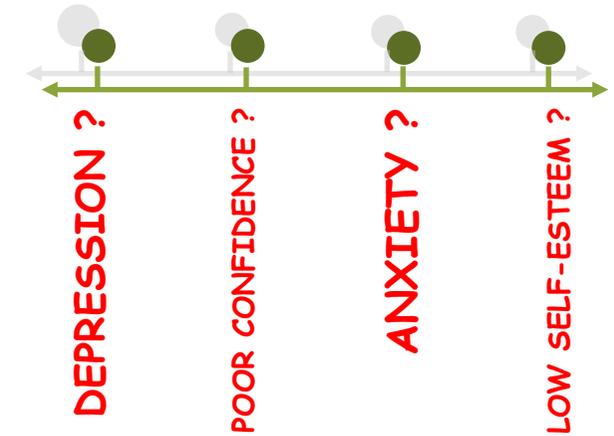


Other Services

- **Life Coaching**
- **Person Centred Counselling**
- **Personal Development**

Are You Experiencing Depression ?

Have you experienced a COMBINATION OF THESE SYMPTOMS for more than 2 weeks?	<input checked="" type="checkbox"/>
...Get professional support from your GP or THERAPIST	
Lack of energy / loss of pleasure & interest in previous activities	<input type="checkbox"/>
Irritable / nervous & on-edge	<input type="checkbox"/>
Feelings of hopelessness & tearful Or Thoughts of self-harm / *suicide <i>* consult your GP immediately</i>	<input type="checkbox"/>
Restless / Lack of concentration	<input type="checkbox"/>
Poor appetite / OR eating too much	<input type="checkbox"/>
Sleeping poorly / too much OR too little sleep	<input type="checkbox"/>
Trouble relaxing / Unable to control worrying thoughts	<input type="checkbox"/>



TEL: 0777 9957 410

Karen-Joy Langley
Fully Qualified
Counsellor & CBT Therapist
MBACP Accredited
Ref No: 58 1106

The Solution ? ...

- ✦ **C**ognitive
- ✦ **B**ehavioral
- ✦ **T**herapy

Useful Contact Numbers:

www.counsellingdirectory.com

WWW.BACP.CO.UK
British Association for Counselling
& Psychotherapy

WWW.BABCP.COM
British Association for Cognitive
& Behavioural Psychotherapies

TALK TO SOMEONE TRAINED TO LISTEN

The Samaritans
www.samaritans.org.uk
Tel: 08457 90 90 90.
(open 24 hours a day)

**Young Minds for Children's
Mental Health**
www.youngminds.org.uk
Tel: 0808 802 5544

NHS - www.nhsdirect.nhs.uk
Tel: 0845 4647

No Panic
www.nopanic.org.uk
Tel: 0800 138 8889

www.catchathought.co.uk
info@catchathought.co.uk

TEL: 0777 9957 410

195 Micklefield Road, High Wycombe, BUCKS HP13 7HB

Friendly
Time-Limited
CBT COUNSELLING

What is :

Cognitive Behavioural Therapy ?



Cognitive behavioural therapy is recognised by the NHS as an effective short-term **"TALKING THERAPY"** for resolving a range of psychological problems.

Your therapist in partnership with you (*plus the involvement of your GP where medication is required*) teaches you the skills and techniques to help you **RETURN to good mental well-being**, and how to avoid future relapses.

CBT is helpful in resolving a range of mental health difficulties, but is particularly successful with :



DEPRESSION & ANXIETY

Depression exists at different emotional and behavioural levels. As an initial guide the therapist finds clues from the negative way you talk about yourself, other people and your future.

If your low mood persists for **more than 2 weeks**, you are probably experiencing Depression. Sometimes it's hard to pinpoint when the normal feeling of ...being low ...stressed ...and trying to negotiate life's daily obstacles, **switches from tolerable to disabling**.

(Please see **symptom list on back page** to monitor your current experiences)

CBT Sessions

The Therapist makes an initial assessment (over approx. 2-3 sessions), followed by further appointments over a further 5+ sessions. Severe depression can involve 3-4 months of therapy.

Weekly sessions involve :

- Using diagnostic questionnaires to monitor and track the intensity of symptoms
- Talking about your goals for therapeutic success

- How your problem developed and what triggered it (*brief history of childhood etc*)
- Working out what maintains your depressive cycle
- Your specific negative thinking style (thinking errors which feel like fact), and how it contributes to your depression
- Then reaching a therapeutic solution is called a **"Treatment Plan"**.

The **TREATMENT PLAN** is a clear guideline (informed by clinical evidence-based research) that helps you back on the road to recovery, using a variety of cognitive and behavioural techniques. But most importantly, helping you understand that depression is not solely caused by your experiences in life, but by your **NEGATIVE AUTOMATIC THOUGHTS** and your interpretation of events. The therapist may also explore deep-held (unconscious) values & beliefs at the root of your depressogenic thinking.

What Will You Achieve ?

Once therapy is completed, the therapist will discuss a **RELAPSE PLAN** to help you confidently deal with any future depressive symptoms; with or without professional input.

You will have acquired skills and awareness to :

- Identify the cyclical relationship between thoughts, feelings, and behaviours
- Identify negative automatic thoughts and beliefs

- Be aware of self monitoring / questionnaires & thought records
- Use psycho-educational knowledge, from notes given by the therapist or Self-Help books
- Learn coping strategies using CBT techniques

CBT take a holistic approach to mental well-being, and also recommends diet & nutrition

advice, exercise, breathing & relaxation techniques, & visualisation / imagery techniques.

Recommended Reading :

Mind Over Mood
(D Greenberger PhD & C Padesky PhD)
Beat The Blues
(Robert L. Leahy PhD)
Cognitive Behavioural Therapy
(Dr. Stephen Briers)

www.healthymindsbucks.nhs.uk
www.ntw.nhs.uk/pic/leaflets
www.lltff.com