

What can I expect?

You and your italk therapist will work closely together in drawing up a list of difficulties you may be facing and the goals that you would like to achieve to reduce your distress and lift your mood. Your italk therapist will know that you are the expert in how your mood and thoughts are affecting you now and what will work best for you in achieving your goals.

The first one or two appointments will focus on identifying these problems and goals. You may then be offered 4-8 sessions (or appointments) initially, although this will be reviewed and increased if necessary. You and your doctor will receive a letter outlining the issues and goals you have identified.

After this, each appointment will follow the same routine during which a list of items that you and your italk therapist think would be useful to cover during that appointment will be drawn up (an agenda). These appointments will last about an hour.

An important aspect of CBT is that you are able to continue your recovery progress between appointments. You and your therapist will agree helpful strategies to learn and practise between sessions. This will speed up your recovery rather than relying solely on what is covered in your therapy session.

After CBT...

If you have any comments you would like to make about the service you have received, compliments or complaints, you can contact the italk team on:

023 8047 5397

023 8047 5939

023 8047 5941



For a translation of this document, an interpreter or a version in Large Print or Braille or tape please contact the Communications Team on: 023 8087 4666

italk is the Improving Access to Psychological Therapies (IAPT) service provided in partnership between Solent Mind and Southern Health NHS Foundation Trust



Solent

Southern Health 
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www.italk.org.uk



Cognitive Behavioural Therapy (CBT)



What is CBT?

CBT or Cognitive Behavioural Therapy is a talking therapy that focuses on how your thoughts, mood, behaviour and physical sensations are connected and how you may respond to the situations you find yourself in as a result. These reactions can cause a range of upsetting feelings such as fear, sadness, or frustration to name a few.

Does CBT work?

CBT may not be the right talking therapy for everyone, but it has proved to be very successful for many people with depression and a range of anxiety disorders. Your italk therapist will be able to assess whether CBT is right for you.

How does CBT work?

In your sessions, you will learn about how you may react in situations you find difficult and be helped to recognise any aspects of these that may not be working well for you. You will learn positive ways to react differently so that you can feel better.

To demonstrate this let's take an example of a situation...



All this can result in more distressing thoughts to the point where people find it hard to break out of the vicious cycles.

In your sessions, you will learn to recognise your own vicious cycles, what keeps them going, and how to break free from them.

This is important because although your reactions are understandable they often result in your feeling worse. CBT helps to identify how you would like things to change for the better and how this can be best achieved. These are just some of the first steps in improving things for you.