

CBT AND EMDR

COGNITIVE BEHAVIOURAL PSYCHOTHERAPY

CBT is a psychological approach based on scientific principles that research has shown to be effective for a wide range of problems. Client and therapist work together to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. The approach focuses on the here and now and relies on a shared understanding of the client's difficulties and goals. Treatment strategies are then tailored to the needs of the individual. Therapists can work with individuals, families or groups.

WHAT SORT OF PROBLEMS CAN CBT HELP WITH?

Research on behavioural and cognitive psychotherapies has been extensively carried out. It has shown to be particularly effective for the following:

- Anxiety and panic attacks
- OCD

- Health anxiety
- PTSD

- Pain
- Chronic fatigue syndrome

- Eating disorders
- Habit problems

- Alcohol and substance abuse
- Bi-polar disorder

- Depression
- Learning disability problems

- Sleep disorders
- Psychosis

- Anger
- Child and adolescent problems

- Sexual and relationship problems
- Generalised anxiety disorder

CBT is the Governments preferred therapy for a wide range of psychological problems. (www.nice.org)

EYE MOVEMENT DESENSITISATION AND REPROCESSING

We offer EMDR also. This is a therapy particularly effective in the treatment of Trauma and is recommended by the Government for treatment of trauma related problems. (www.emdrportal).