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| Home - West London NHS TrustUnderstanding the nature of thoughts and 9 tips for keeping them ... |

**What is Cognitive Behavioral Therapy?**

Cognitive Behavioural Therapy (CBT) is a confidential ‘talking therapy’. A therapist works with individuals to understand what is keeping their problem going by linking an individual’s thoughts, feelings and behaviours.

CBT helps the individual change the way they think and behave by:

* improving your understanding of your difficulties, as you are the expert
* identifying links between your thoughts, emotions and behaviours
* working together to map out the difficulties and what keeps it going
* trying out new ways of thinking and new behaviours which could help you manage your difficulties.

**What problems can CBT help with?**

Cognitive Behavioral Therapy (CBT) has been found to be effective in helping young people with a wide range of problems, including:

* Low self-esteem
* Depression
* Anxiety problems
* Obsessive-compulsive disorder
* Post–traumatic stress disorder

**What will I have to do?**

If you feel CBT will be helpful to you, you will be expected to meet your therapist weekly for an agreed number of sessions

You will be asked to complete questionnaires called routine outcome measures (ROMs) likely weekly. It will help to monitor your progress and your therapist will discuss the results with you.

Your therapist will help you understand your problems and help you discover ways of dealing with them.

You will be encouraged to practice outside of the sessions (school, home, etc.). This means a task or homework will be set at the end and could include worksheets.

**Why do I have to do homework?**

To learn a skill requires practice. It is important to practice the skills you are taught:

* To be sure you understand them
* To check that you can use them when you need to
* So that any problems with the skills can be worked on in sessions.

**Cognitive Behavioral Therapy (CBT) in CAMHS**

**What does treatment look like?**