

## Types of therapy we offer

Outlined below are just a few of the options that might be available to you. It is important to remember that you don't need to make any decisions before your first appointment, but you may start to get an idea.

### Guided Cognitive Behavioural Therapy (CBT)

We offer CBT either in a structured format (as with the individual therapy outlined below), or in a more guided way which involves a set number of sessions with a Psychological Wellbeing Practitioner (PWP). The PWP will support you in using recommended CBT based self-help materials, as well as helping you to develop coping strategies to manage your difficulties more effectively.

### Individual Therapy

\* **Cognitive Behavioural Therapy (CBT)** focuses on understanding how people's thoughts (cognitions) and actions (behaviours) affect their feelings. It is an active process which helps you identify vicious cycles and find ways of changing things rather than just talking. It involves setting clear goals and completing tasks outside of your sessions.

\* **Counselling** places more of an emphasis on you being able to talk through your difficulties and explore different solutions or ways to manage them. It can be helpful when there are many or sudden adverse changes in your life.

\* **Interpersonal Therapy (IPT)** focuses on people's relationships and interactions with others. IPT seeks to improve your communication skills, expression of emotion and ability to be appropriately assertive.

\* **Eye Movement Desensitization and Reprocessing (EMDR)** addresses emotional difficulties that often relate to disturbing or traumatic events. Research suggests that when someone experiences extreme levels of panic or anxiety their memories of this event can become 'trapped'. EMDR helps the person to access and then 'reprocess' those trapped memories.

**NOTE** - Availability of these therapies may depend on which surgery you are registered with. However, we will do our best to accommodate your preferences.