

Care first cCBT

Cognitive behavioural therapy (CBT) is a therapy typically used to challenge the way we think and behave. It is most commonly used to treat anxiety and depression, but can be used for other emotional and physical health problems.

Care first has developed a market leading 'online' CBT programme, which is video based and therapist supported.

What is cCBT?

cCBT teaches the principles of cognitive behaviour therapy via interactive lessons over the internet. Lessons can be completed over several weeks, and usually one or two lessons are assigned for each week. Clinician assisted cCBT is also available in which the patient can get support from a trained professional, either online, over the phone or in person.

How does it work?

CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts.

You're shown how to change these negative patterns to improve the way you feel. Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis.

What are the benefits of cCBT rather than traditional CBT?

- **You can get treatment in the comfort of your own home.**

You don't have to travel to attend an appointment, which can often mean having to book a few hours off work.

- **You won't need to take time off work.**

Online CBT can be accessed at any time of the day or night, and also at the weekends.

- **Nobody needs to know you're having CBT.**

You can have treatment discreetly and anonymously, without family, friends or colleagues knowing about it, if you'd rather they didn't. If you want to, you can tell your GP about your treatment, but this is completely up to you.

- **You can 'relive' your sessions whenever you like.**

It can be hard to recall everything that happened in your last therapy session one week later, never mind in three months' time – particularly if you're struggling to concentrate or remember things. With online therapy you have a complete written record of all the contact you've had with your

counsellor at Care first, including every session and any messages in between. You can keep these for as long as you like, and access them whenever you want.

This means you can read back over what you've discussed, review your learning points, look for patterns in your behaviour, thoughts and feelings, and check back to see what homework tasks were set.

Care first cCBT Modules and Contents

Module	Content
<i>Introduction & Thinking Styles</i>	<ol style="list-style-type: none"> 1. Introduction navigation 2. Explanation of the CBT process 3. Encourage client to do exercises and practice 4. Identify Thinking Biases 5. Balancing out Thinking Biases 6. Challenging and change biases that cause distress
<i>Self Esteem</i>	<ol style="list-style-type: none"> 1. Understanding how it develops / is maintained 2. Recognition of the effects 3. Positive strategies to help overcome
<i>Stress & Tension</i>	<ol style="list-style-type: none"> 1. The difference between arousal and stress 2. How stress affects thoughts, feelings and behaviours 3. Developing strategies to interrupt automatic negative thoughts
<i>Relaxation Exercises</i>	<ol style="list-style-type: none"> 1. Learning how to manage stress 2. Breathing exercise video 3. Progressive muscle relaxation exercise
<i>Low Mood and Depression</i> 1.	<ol style="list-style-type: none"> 1. Understand the cycle of low mood and depression 2. Increase activity levels to break the cycle of doing less 3. Highlighting that thoughts affect emotions and actions
<i>Low Mood and Depression</i> 2.	<ol style="list-style-type: none"> 1. Challenging thoughts by testing evidence 2. Establishing / recognising belief systems and how these affect mood

If you would like to view the Webinar on 'Care first cCBT' this is being delivered live on **Friday 24th February 2023**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/2055229553734370906>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

***Disclaimer:** This article is for general information only. We cannot be held responsible for any actions you might take as a result of it. Please seek medical advice before making any significant changes to your eating habits or lifestyle.