

Clarity CBT, A summary of our approach:

- We believe that what we think (good or bad) effects our feelings and influences our behaviour
- So if our thoughts are negative, we feel worse and sometimes find ourselves choosing unhelpful behaviours
- In collaboration with an experienced therapist Clarity CBT will help you learn about the causes of your unhelpful thoughts and behaviours, examine the evidence that supports or contradicts them, and together, learn and practice alternative ways to cope with your problems
- Through Clarity CBT you will learn a series of strategies, tools and coping mechanisms that you can "take away", using them whenever the needs arises

Working in partnership with CBT:

- Clarity sets new standards in CBT, offering both short and longer term support for a wide range of problems. Clarity recruits, trains and manages only the most talented and experienced therapists, supporting individuals, couples, groups and organisations
- Clarity CBT is tailored for each person based on their unique problems and objectives. There is no need to wait for help as initial assessments are available within a week without referral from a health professional
- Clarity CBT includes a thorough initial assessment helping to clarify issues and objectives. The assessment outlines timescales, the CBT process and sets goals and objectives for therapy. It is also an opportunity for you to ask questions and for us to ensure we provide the "right fit" of therapist for your needs



Our Business Mission and Values

"To help our client's effect and maintain lasting change by gaining the understanding and strength needed to deal with issues and achieve meaningful objectives in life"

Client:

Clients come first: their interests will be at the centre of all our activities

Individual:

We will treat everyone as an individual, offering them dignity and respect

Excellence:

We will constantly strive for excellent performance in all that we do

Teamwork:

We will work collaboratively, enthusiastically and supportively as a team

Integrity:

We will be open, honest, and transparent in all our dealings with one another

Good Citizens:

We will always work with the benefits of our community in mind

THE CLARITY GUIDE TO Cognitive Behavioural Therapy



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Clarity CBT: Our purpose is to help you FEEL better, THINK clearly, UNDERSTAND the causes of your problems and LEARN how to cope more effectively, gaining CONTROL of your life...



Cognitive Behavioural Therapy (CBT) is proven to be effective for treating a wide range of emotional disorders and mental health conditions including depression and anxiety.

The Department of Health require that the NHS deliver “evidence-based” treatments and the National Institute for Health and Clinical Excellence (NICE) consistently recommends CBT as the most effective approach in all its guidelines for treatment of emotional disorders.

The availability of CBT within the NHS is severely limited with waiting times of more than a year commonplace. This often leaves GP’s with no choice but to prescribe medication when they think CBT might be preferable.

Timely access to CBT can help prevent un-necessary suffering amongst people of all ages, cultural backgrounds, and with a range of emotional and physical health conditions.

CBT is becoming more widely used because:

- It is based on common sense and easy to use principles that anyone can learn
- Evidence-based methods of treatment really do help, and often quite quickly
- CBT can be used short term to deal with common emotional issues or in longer term psychotherapy for deeper issues, and is adaptable to both
- Unlike other forms of therapy, it’s effectiveness has been confirmed in large numbers of studies comparing CBT with other treatments such as antidepressants
- Studies indicate people treated with CBT improve rapidly and stay depression or anxiety free for long periods of time
- CBT is gaining in popularity as people become more aware of how simple it is to learn and re-use over and over again for almost any emotional problem

What kind of problems does CBT work best for?

- Mood problems, such as depression, worry, anxiety, panic attacks, phobias, anger, low self-esteem and personality disorders.
- CBT also works well for problems in daily life such as personal relationship issues, rejection, criticism, putting things off and the fear of failure

How does CBT work?

- CBT focuses on the way a person thinks (cognitions) and acts (behaviours) in order to help understand, control and overcome emotional or behavioural problems
- CBT theory suggests that we sometimes tend to think in irrational, unrealistic or negative ways that prevent us from leading fulfilling lives and that these ways of thinking are unhelpful
- These unhelpful thoughts cause us to have unpleasant feelings because our feelings are controlled by our thinking
- CBT helps a person re-organise unhelpful thinking and substitute more reasonable and balanced alternatives which lead to positive changes in feelings and behaviours

A simple guide to the theory of CBT:

- What we think about, both good and bad, directly affects the way we feel and behave
- Emotional and behavioural issues result from irrational, unrealistic or negative thinking
- By understanding, challenging and altering these unhelpful ways of thinking, emotional or behavioural issues can be resolved

How does Clarity CBT Work?

- Firstly we work closely together to create a “map” or “model” of problems, their causes and maintaining factors
- This process is called “formulation” in CBT, and explores life experiences, beliefs that a person builds as a result of these experiences, and the rules formed to live by as a consequence of their beliefs
- The client and therapist go on to map out critical incidents that trigger emotional problems, and the vicious cycles of negative thinking, distressing feelings and unhelpful behaviours that happen as a result

Clarity CBT “Formulation Approach”

Understand how your life experiences build:

Beliefs about you, others and the world that are maintained by you:

Personal rules and assumptions which are:

Triggered by critical incidents and create:

Irrational, unrealistic or negative thinking which results in:

Unpleasant emotional and physical symptoms which often lead to:

Unhelpful behaviours that lock us into “vicious cycles”