

Can Clarity help you?

Assess your own needs for Clarity CBT by completing the questions below. They are about you and how you have been feeling in the last week;

	Y	N
I couldn't seem to experience any positive feelings	<input type="radio"/>	<input type="radio"/>
I just couldn't seem to get going	<input type="radio"/>	<input type="radio"/>
I felt I had nothing to look forward to	<input type="radio"/>	<input type="radio"/>
I felt sad and depressed	<input type="radio"/>	<input type="radio"/>
I felt that I had lost interest in just about everything	<input type="radio"/>	<input type="radio"/>
I felt that I wasn't worth much as a person	<input type="radio"/>	<input type="radio"/>
I felt that life wasn't worthwhile	<input type="radio"/>	<input type="radio"/>
I was unable to become enthusiastic about anything	<input type="radio"/>	<input type="radio"/>
I felt I was pretty worthless	<input type="radio"/>	<input type="radio"/>
I could see nothing in the future to be hopeful about	<input type="radio"/>	<input type="radio"/>

For a full version of the questionnaire or for more information about the Clarity CBT approach to overcoming depression, please visit our website: www.clarityinsight.co.uk

Working in partnership with Clarity CBT

Clarity sets high standards in CBT offering specialist short or long term support for sufferers of depression. 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 for Clarity CBT are available within a week *without* referral from a health professional.

The first step is a thorough initial assessment which helps to clarify issues and objectives. During an assessment, you will see how CBT works and set goals for therapy.

It is also an opportunity for you to ask questions and for us to ensure we provide the "right fit" of therapy for your unique needs.

www.clarityinsight.co.uk



A summary of our approach to depression:

We believe that what we think, good or bad, affects our feelings and influences our behaviour. For example, when you are depressed you might:

Think:	I am useless for being depressed
Feel:	Guilty, angry, sad and hopeless
Behave:	Become de-motivated, inactive and withdrawn

We believe that these unpleasant or "vicious" cycles cause us to feel stuck, helpless and hopeless, making our thinking critical and negative.

Clarity CBT helps a person modify and re-balance unhelpful thinking, substituting more reasonable alternatives that lead to positive changes in feelings and behaviours.

In collaboration with an experienced Clarity CBT therapist you will learn about the causes of your unhelpful thoughts and behaviours, examine the evidence that supports or contradicts them, and together, learn alternative ways to cope with depression.

With Clarity CBT you will gain a series of strategies, tools, and coping mechanisms that you can "take away" using them whenever the need arises.

For more information on Clarity CBT, visit our website:

www.clarityinsight.co.uk

or call **01242 224120** to request the Clarity Guide to CBT, or to book an assessment.



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

clarity™

cognitive behavioural therapy

THE CLARITY GUIDE TO Depression

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What is depression?

Depression is a mood disorder that features sadness, worthlessness, lack of pleasure and hopelessness. It can feel like a sense of deep guilt and loss of self esteem where a person feels hopeless, helpless and unforgiving of themselves.

It's a problem which disrupts the body, impacting on sleep, appetite, concentration, energy, work and relationships.

But you are not alone.

At any time 15 - 20% of adults in the UK suffer from depression.

Getting depressed doesn't mean you are weak. It can happen to anyone, young or old, regardless of colour, class, age or sex. Depression is now so widespread; it's often referred to as the "common cold" of emotional problems.

What are the common signs of depression?

Depression isn't just about feeling down, helpless or sad. It involves other symptoms that can include changes in your thinking, emotions and how you act. Some signs of depression are:

Low or sad mood most of the day	✓
Loss of interest and pleasure	✓
Disturbed sleep or needing too much sleep	✓
Feelings of worthlessness or guilt	✓
Fatigue or loss of energy	✓
Poor concentration	✓
Feeling hopeless or pessimistic about the future	✓

If you have been affected by these sort of symptoms for a period of at least two weeks, you need to check if you might be suffering from depression.

What causes and maintains depression?

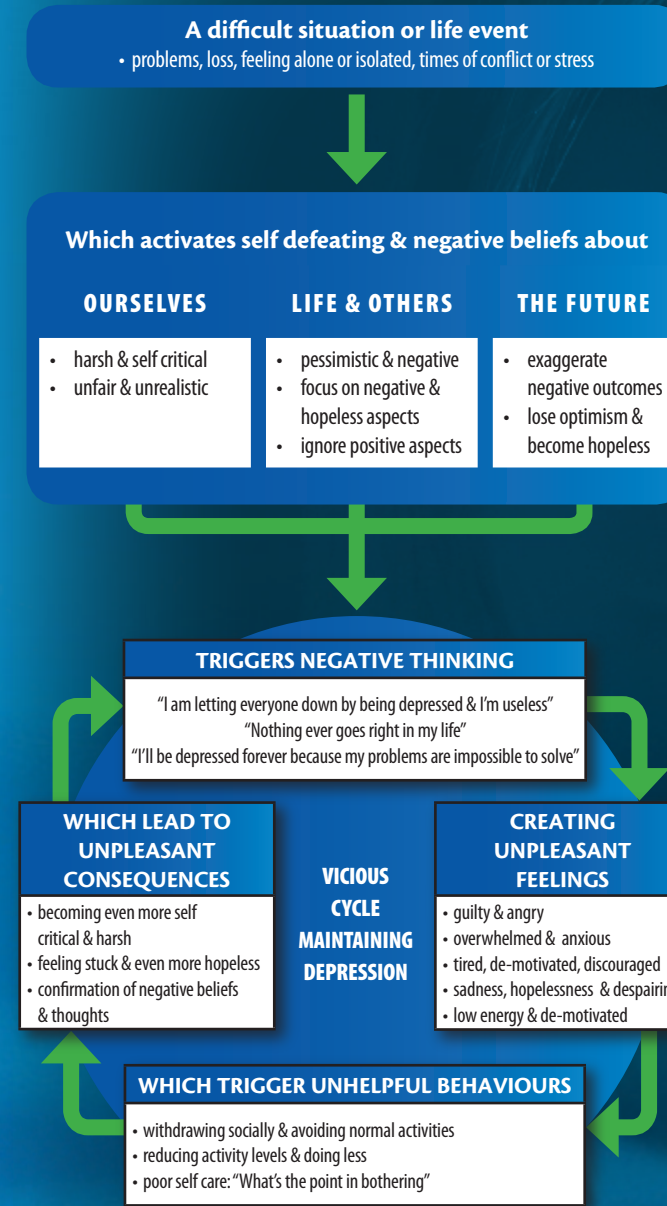
There are a number of factors that cause and maintain depression. The following can play a part in creating depression, and helps to create a "vicious cycle" of inactivity, low mood, and negative thinking that can feel out of control.

LIFE EVENTS OR SITUATIONS
Often but not always, there is a difficult life event or situation that triggers depression. Sometimes loss, relationship, or work problems and times of high stress and anxiety, physical health problems or feeling alone and isolated can trigger depression.
THINKING AND DEPRESSION
It is common in depression to "see" things differently. Often streams of negative, unpleasant thoughts occur, causing a person to feel worse. People who are depressed tend to have negative views of themselves, others and the world. These thoughts can trigger and worsen the experience of depression.
FEELINGS AND DEPRESSION
When depressed we feel sad and overwhelmed by feelings of despair. We feel anxious or numb and detached, leading to an overwhelming sense of hopelessness. Often we feel guilty or angry because we cannot change how we feel.
BEHAVIOUR AND DEPRESSION
Depression often has a severe impact on how you behave. It can make you feel like doing less, withdraw from family, friends or work, and stop you taking care of yourself. Your normal sleep patterns might change or you might have lost energy and feel tired and de-motivated most of the time.

Antidepressants and depression

When someone is depressed, natural occurring chemical "messengers" in your brain that regulate your mood are not as effective or active as normal. Antidepressants are sometimes used to increase or balance the chemical activity in your brain to help improve your moods. Your doctor will be able to give you more information about the types, uses and side-effects of antidepressants.

What is the common cycle of depression?



clarity
CBTTM
Cognitive Behavioural Therapy

How CBT can help you overcome depression

Cognitive Behavioural Therapy (CBT) is proven to be effective for treating a huge range of emotional disorders, in particular depression.

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 for depression.

CBT is becoming more widely used in cases of depression because it is based on common sense and easy to learn principles that anyone can learn. CBT methods really do work and often quite quickly.

Unlike other forms of therapy, the effectiveness of CBT has been confirmed in large numbers of studies comparing it with other treatments such as antidepressants. Research shows that people treated with CBT improve rapidly and stay depression free for long periods of time.

How does Clarity CBT work?

CBT focuses on the way a person thinks (cognitive) and acts (behaviours) to understand, control, and overcome emotional problems such as depression. CBT theory suggests that when we are depressed, we tend to think in irrational, or negative ways. These unhelpful thoughts cause unpleasant feelings because our feelings are controlled by our thoughts.