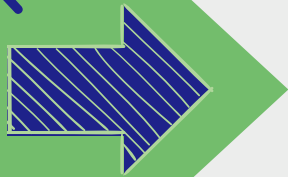


Cognitive- Behavioural Therapy

Cognitive-behavioural therapy (CBT) is the most commonly used therapy for anxiety

CBT works by identifying how a person's thoughts and behaviours interact to create anxiety.

What does CBT aim to work on?



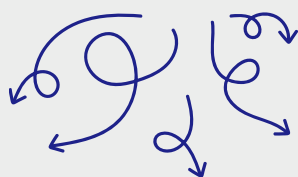
- unhelpful thoughts
- unhelpful behaviours
- irrational beliefs
- distorted views of the world
- the triggers of panic or anxiety episodes

The BRO Program

Features of CBT

- Psychoeducation on anxiety
- Challenging negative thoughts
- Exposure Therapy
- Relaxation Skills
- Talking about upsetting experiences
- Thought diary

Benefits of CBT



- time-efficient
- the most researched therapy
- focused on thoughts and behaviours, rather than the past
- can be done online, face-to-face or through self-help books
- easiest to access on the NHS

