

Getting the most from CBT

A proven therapy that helps you break free from patterns of anxiety and low mood



Why CBT?

When anxiety or low mood take hold, our thoughts and actions can reinforce each other. CBT helps you experiment with change to build new beliefs about yourself, the world, and what's possible.

What to Expect

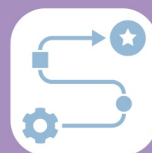
CBT is a collaborative therapy where you & your therapist explore the interplay of thoughts, feelings, and behaviors. You'll learn practical skills to disrupt unhelpful patterns and gradually implement effective coping strategies in daily life.



Assessment
& Goals



Identify
Patterns



Practice
Interventions



Build
Insight



Become your
own Therapist

How CBT Works

CBT helps you understand the bigger picture – how thoughts, feelings, behaviours, body sensations, attention, and beliefs all interact to keep problems going, and how change in one part can shift the whole system.



Make Connections

Together, we'll explore how thoughts, emotions, and behaviors interconnect



Shift Perspectives

By examining and testing your beliefs, you'll learn to see situations & yourself, in more balanced, realistic ways.



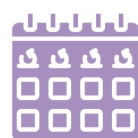
Learn Through Action

CBT isn't just about insight — it's about trying new responses in daily life to build confidence, flexibility, and lasting change.

Therapy Length



CBT sessions last 50 minutes, held in clinic; Or in situations you usually find challenging or want help with.



Weekly sessions are most effective, though spacing may vary as therapy progresses.



CBT is a short-term therapy, usually under 20 sessions, sometimes as few as 8.

Practical Tips

Before you begin
Create a
Calm Space

During your Session
Give yourself
full focus

After Your Session
Rest and
Reflect