

C.B.T information

Are you a person faced with issues with which you are finding it difficult to cope? Do you feel that everything seems to be getting on top of you resulting in stress overload and de-motivation? Then a few sessions of C.B.T can put you back in control and get your life back on track!

Some of the issues which C.B.T can have an impressively powerful effect on are attention difficulties, de-motivation, study to enhance learning, anxieties, low self-confidence, health issues, relationship issues, negative stress, bullying, etc...

C.B.T stands for cognitive behavioural therapy. As the name suggests the thoughts and the behaviour of the client are discussed and monitored to see how they are affecting the client. Lots of the thoughts people have are negative irrational or self-defeating and can keep them entrapped in a negative and damaging behaviour patterns. When a client releases their thoughts that are keeping them unhappy or trapped or stuck, then they can begin to alter the situation by learning how to reframe their thoughts in a more positive and productive way.

Once a client begins to reframe their thoughts, they will begin to feel better about themselves, think in a more positive way and begin to do the things that they have probably kept putting off.

It can be seen that cognitive therapy can be empowering. Clients are able to take 'small steps' and achieve things they thought were beyond them.

As success builds on success the person's confidence and self-esteem continues to improve and soon they can be functioning on a far higher level.

If you feel this would you then please get in touch and book an appointment.



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