



making space
Kind hearted care and support



Psychological Wellbeing Service



A FREE NHS Funded step
2 Cognitive Behavioural
Based Therapy Service

Psychological
Wellbeing Service
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 MakingSpaceWellbeing
 @MakingSpaceWellbeing



What is CBT?

CBT stands for Cognitive Behavioural Therapy (CBT).

It's a type of Psychotherapy that helps you to look at how your thoughts, feelings and behaviour are all interlinked.

When we have negative thoughts or worries, they can affect the way we are feeling, they can make us feel down, anxious, stressed out etc.

This in turn affects our behaviour, it stops us doing the things we enjoy, or we find that we develop behaviours that aren't too helpful, such as sleeping or eating more.

This can lead to us to having more negative thoughts, and so we get ourselves stuck into a vicious circle that is difficult to get out of. CBT teaches evidence based tools and techniques that can break down this vicious cycle and help you to feel better.

Our service - what to expect?

You will initially receive an assessment appointment with one of our Psychological Wellbeing Practitioners (PWP).

They will discuss the problem areas with you and assess whether or not the service is the right option for you at this time. If together you decide to proceed then you will be offered one of two treatments (depending on individual requirements) the majority of our treatment is computerised CBT (see below) but we also offer some 1:1 guided self-help, if there is a clinical need.

The 'computerised' bit...

Computerised CBT is taught through an evidence based online programme that consist of approximately 6 weekly sessions. It's not just a computer programme you will also receive weekly support from one of our qualified PWP's, either face to face or via email or telephone. The supported programme will teach you different CBT techniques just as a therapist would. These techniques, if practiced, have been evidence based and proven to help people to deal and reduce feelings of low mood and/or anxiety.

Projects

An important thing to remember about CBT is that the more you put into it, the more you will get out of it. Each week, you will be set a couple of different projects to encourage you to put into practice what you have been learning.

Although they are not big tasks, research shows that those who do their out of session work get three times as much benefit as those who do not.



How do I access the service?

Email:

masp.wellbeing@nhs.net

Contact number:

01925 581755


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