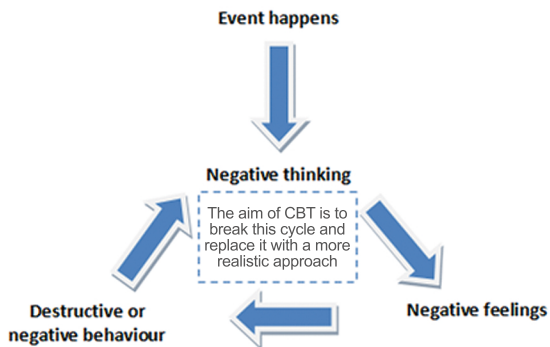




## What is Cognitive Behavioural Therapy?

Cognitive Behavioural Therapy (CBT) is a combination of two different therapeutic approaches, namely behaviour therapy and cognitive therapy. CBT is a psychological intervention used to help people recognise how their thoughts and feelings affect their behaviours, their view of themselves, others and their environment. The diagram below shows this interaction between situations, thoughts and feelings and our behaviours.



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Providing Information, Advice & Support to those affected by Personality Disorder  
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## Cognitive Behavioural Therapy



CBT has been proven scientifically to be helpful for people suffering from a variety of mental health disorder including depression, anxiety, phobias, panic disorder, schizophrenia and personality disorders. It is not uncommon for people experiencing mental health difficulties to misinterpret situations or the actions of others resulting in the development of altered patterns of behaviours and negative thoughts and feelings. CBT can help with such difficulties as it breaks the problem down into smaller more manageable areas

The table below illustrates the way in which two people can perceive the same situation in a completely different way:

Situation: A person has just submitted a report to their boss and now their boss wants to see them		
Thoughts	Oh no! I did a really bad job and I am in trouble with the boss.	Great, the boss liked my report
Physical feelings	Feeling sick, sweating	Content, comfortable
Emotional feelings	Anxious and upset	Proud and happy
Behaviours	Walks into boss's office apologising for report	Walks into boss's office smiling and relaxed



## What is Involved in Cognitive Behaviour Therapy?

Once a therapeutic relationship has been developed with a CBT therapist then specific areas of difficulty are identified. Using the model shown above, the patient and therapist usually explore one or two main areas of difficulty. CBT tends to be a brief therapy over weeks or several months. The length of therapy primarily depends on the individual and their level of difficulty. Therefore someone with severe symptoms would very likely receive therapy over the course of several months or more. The therapy sessions themselves usually last for between 30 minutes and 1 hour, although the client is usually asked to complete homework tasks between sessions



## CBT and Personality Disorder

CBT can be a very useful therapy for people with personality disorders. Firstly, it provides a framework in which the client and therapist can readily develop a shared understanding of the thought processes underlying the difficulties. Secondly, CBT can be used to help with the person's specific presenting problems therefore helping to quite rapidly reduce some of their distress. Many people with personality disorders tend to experience many overlapping, long standing problems.

CBT can be used effectively to develop long and short term goals that can be implemented using step by step approaches. For example, using these methods it is possible for harmful behaviours to be quickly reduced opening the way to deal with more complex, long standing problems

