

Cognitive Behavioural Therapy (CBT) at Forth Sector Information for potential clients

My name is Melanie Toner and I have worked at Forth Sector since 2004. I have over 12 years experience within the field of mental health, with extensive experience of providing emotional support to people on an individual basis, including using a CBT approach.

In 2007-2008 I studied at Dundee University, completing the Post-qualification Diploma in Cognitive Behavioural Psychotherapy. I am currently working towards accreditation from the governing body of CBT, the BABCP, whilst offering a CBT service to clients of Forth Sector. My work is supervised by Fiona Barrie, a clinical psychologist working for NHS Lothian.

To help you understand more about CBT and what it involves please read the following information, adapted from an NHS information leaflet.

What is cognitive behavioural therapy (CBT)?

CBT is a relatively short term “talking therapy” which is used for a wide range of psychological problems including depression, anxiety, anger, panic, phobias, etc.

There is evidence to show that it helps people learn about themselves and develop effective and alternative coping strategies which contribute to a reduction in symptoms such as anxiety or low mood.

Who is CBT for?

It can be used to help people with a wide range of conditions and can be for anyone regardless of their background or situation.

What are the benefits of CBT?

CBT is designed to help reduce symptoms and help you learn self-help skills.

Some studies show that people treated using CBT are less likely to have recurrent depression, anxiety, panic attacks, social phobia, other specific phobia, obsessive compulsive disorder, gambling and drug and alcohol addictions.

What does CBT involve?

A CBT therapist will spend the first meeting getting to know more about you and your problems. Both of you will work together to identify problems and work out goals for the therapy.

How long will it take?

Each session will last 50 minutes, the number of sessions you will have will depend on your individual needs. However as CBT is designed to be short-term you should not expect to work with a CBT therapist indefinitely.

How will I know if it is working?

At the beginning of your therapy you and your therapist will identify goals. You can discuss modifying these goals as you continue and then evaluate whether you are becoming less depressed, anxious, etc.

If CBT is something you would be interested in please let your case manager know. A meeting will be set up between you and me, so we get to know each other and you can decide whether you would like to continue to meet with me and whether we both think CBT is something that might be helpful for you.

