

Cognitive Behavioural Therapy

&

Occupational Therapy

Information Leaflet

Cognitive Behavioural Therapy (CBT) at Forth Sector

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 session 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 one hour, 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. An appointment can be made with the therapist to find out more about CBT and to explore whether it is something that might be suitable for you.

Occupational Therapy (OT) at Forth Sector

Information for potential clients

What is occupational therapy (OT)?

Occupational therapists work with people of all ages, helping them to carry out the activities that they need or want to do in order to lead healthy and fulfilling lives. Occupational therapists work with people who have physical, mental and/or social problems, either from birth or as a result of accident, illness or ageing. Their aim is to enable people to achieve as much as they can for themselves, so they get the most out of life. **From College of Occupational Therapists, 2009**

Occupational therapy is a health profession concerned with promoting health and well-being through occupation. Occupation refers to everything that people do during the course of everyday life... Occupational therapists have a broad education that provides them with the skills and knowledge to work collaboratively with people of all ages and abilities that experience obstacles to participation. **Adapted from the World Federation of Occupational Therapists, 2004**

Who is OT for?

OT helps people with a wide range of conditions and can be for anyone regardless of their background or situation.

Occupational Therapy has a key role to play in any vocational rehabilitation service (such as Forth Sector). It can help people to:

- recover from the impact of their mental ill health
- increase their employability
- regain or retain employment

What are the benefits of OT?

There are a number of benefits to working with an OT, some of these can include:

- Engaging in meaningful occupation – eg: finding the right placement, pursuing enjoyable hobbies/interests, or finding focus and direction for the future
- Developing coping strategies / techniques to manage problems with wellbeing that make it difficult to do the things you would like to do with your day
- Overcoming obstacles in your placement
- Feeling more positive, equipped and motivated to try new things
- Achieving goals

What does OT involve?

Working with an OT can happen on a 1:1 or group basis. This may involve working together for a couple of sessions or for a longer period of time – it

depends on the support you need. A few examples of the support an OT at Forth Sector can offer is:

- Assessment
- Anxiety Management
- Budgeting skills
- Use of time (activity and wellbeing)
- Overcoming obstacles in the workplace
- Discover volunteering
- Making the most out of your placement
- Moving on / coping with change
- Finding focus & direction
- Building motivation

How long will it take?

Session length depends on the type of work you are doing. For 1:1 work, an initial appointment would normally last no longer than an hour. Other meetings after this would be discussed with you and the length agreed. Groups and workshops may last longer than an hour – but they will normally include a break.

How will I know if it is working?

You and the OT will set goals and review how things are going when you meet.

If working with an OT is something you would be interested in doing please let your case manager know.