



Who We Are:

We are an independent and professionally accredited psychological service providing specialist Cognitive Behavioural Therapy and other evidence-based psychological treatments. We are committed to providing fast and affordable access to effective therapy without lengthy waiting times, unnecessary red-tape or prohibitive charges.

Our aim is to support tangible changes in the psychological wellbeing of our clients, contributing to better lives worth changing for.



What We Do:

We provide the following evidence-based therapies:

- ✓ Cognitive Behavioural Therapy – CBT.
- ✓ Acceptance and Commitment Therapy – ACT.
- ✓ Compassion Focused Therapy – CFT.
- ✓ Dialectical Behaviour Therapy – DBT.
- ✓ Eye Movement Desensitisation and Reprocessing – EMDR.
- ✓ Clinical and Counselling Psychology.
- ✓ Occupational Psychology and Psychometric Assessment.



Who We Work With:

We specialise in the delivery of Cognitive Behavioural Therapy and related therapeutic approaches to individuals, couples, families, businesses and public sector organisations.

We provide support on a face-to-face basis and online via video link. Telephone therapy is also available when supported by email material and dependent on the client's needs.

Our therapeutic approach is evidence-based, and we only employ experienced, fully qualified and professionally accredited CBT experts. This includes adult, adolescent and child specialists.



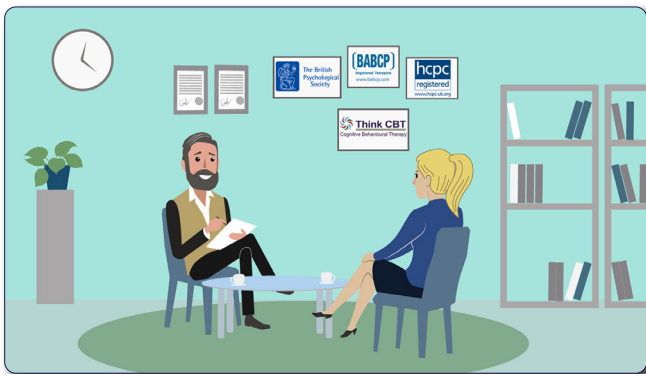
Our Credentials:

Our Cognitive Behavioural Psychotherapists are fully accredited by the British Association of Behavioural and Cognitive Psychotherapy (BABCP) and our Practitioner Psychologists are registered with the Health Care Professions Council (HPCPC). These are the only recognised UK professional bodies for CBT and Clinical / Counselling Psychology. This provides a clear level of quality assurance so that our clients know that they are working with a recognised specialist.

Our Approach:

Our therapeutic work is cutting edge, based on the published research and consistent with NICE guidance for the treatment of anxiety and depressive conditions. We work with the following problems:

- ✓ Anger, emotional regulation problems and high conflict behaviour.
- ✓ Anxiety and generalised worry.
- ✓ Bipolar Disorder and Borderline Personality Disorder.
- ✓ Body Focused Repetitive Behaviours including skin-picking and hair-pulling.
- ✓ Depression and low mood.
- ✓ Eating Disorders - Binge Eating, Anorexia and Bulimia.
- ✓ Health Anxiety including somatisation and illness anxiety.
- ✓ Insomnia and chronic sleep disturbance.
- ✓ Low self-esteem / low self-acceptance.
- ✓ Obsessive Compulsive Disorder including sensorimotor and relationship OCD.
- ✓ Panic Disorder and panic attacks.
- ✓ Post Traumatic Stress Disorder and acute stress / adjustment disorders.
- ✓ Relationship and couples Problems.
- ✓ Social Anxiety Disorder and rhythophobia.
- ✓ Spectrum disorders including ADHD, ADD and Asperger's.



Contact Us:

You can self-refer on a confidential basis, obtain a private referral from a GP or other health professional or obtain an insurance authorisation code from your health insurance provider.

Contacting our office is fast and straight forward. You can email us at info@thinkcbt.com, call us on +44 1732 808626 or complete a confidential contact form via our website at www.thinkcbt.com.