

What makes quality Cognitive Behavioural Therapy stand out from other forms of therapy or types of counselling is the emphasis on evidence-based practice. For our clients this means that they are receiving quality, up-to-date, professional therapy based on the very latest research.

Cognitive Behavioural Therapy is a way of helping people to cope with stress and emotional problems. It helps us to look at the connections between how we think, how we feel and how we behave. It particularly concentrates on ideas that are unrealistic. These often undermine our self-confidence and make us feel depressed or anxious. Looking at these unrealistic ideas can help us work out different ways of thinking and behaving that in turn will help us cope better. Cognitive Behavioural Therapy looks at how problems from the past are maintained in the “here and now”. It helps people to learn new methods of coping and problem-solving, which they can use for the rest of their lives.