

WHAT IS LI-CBT?

LI-CBT - LOW INTENSITY COGNITIVE BEHAVIOURAL THERAPY

Low intensity' refers to this being a type of support that doesn't last very long, usually 6-8 sessions



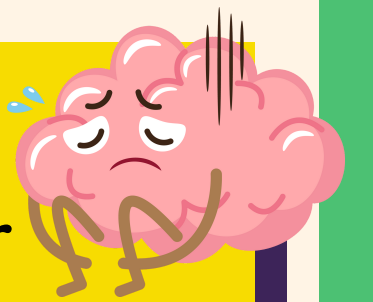
'Cognitive' refers to our thoughts

'Behavioural' refers to our actions

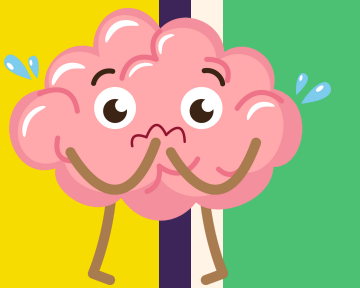
'Therapy' refers to talking about and learning about ways to feel better

WHAT IS LI-CBT HELPFUL FOR?

-LI-CBT helps people overcome problems to do with low-mood or anxiety by understanding thoughts, feelings and behaviours better & how they interact with each other



-LI-CBT is suitable when anxiety or low mood has a mild-moderate impact on your day-to-day life & you can still do some usual activities



-People who are seeking support with their recent thoughts & feelings, rather than from past or ongoing difficulties such as bullying or grief, that are causing them to feel low or anxious

HOW DOES LI-CBT HELP?

-LI-CBT looks at our thoughts, feelings, physical sensations and behaviours and how these are all linked



-When we feel low or anxious, we can get into a pattern of negative or unhelpful thoughts, feelings and behaviours, we call this the vicious cycle

-By identifying and understanding this, LI-CBT helps us learn how to break this cycle by starting to think and do things differently, and eventually feel better



WHAT IS LI-CBT?

WILL LI-CBT HELP ME?

- Before you are offered LI-CBT you will have an assessment so your wellbeing practitioner can understand what you're struggling with & see if LI-CBT might help you
- LI-CBT is 'evidenced based' which means research has shown it is helpful for people who struggle with their thoughts & feelings or who worry a lot.
- However this does not mean it helps everyone in the way they want & it is not suitable for everyone who wants to try it
- LI-CBT is a form of 'guided self-help' which means it is best for people who are keen to make an effort to try and make changes supported by their wellbeing practitioner
- If LI-CBT isn't the right fit for you or you want more support afterwards your Wellbeing Practitioner can suggest other options



WHAT SHOULD I EXPECT IN LI-CBT?

If after the assessment your wellbeing practitioner offers you LI-CBT you can expect:

- Weekly 45 min sessions for 6-8 sessions
- Personal goals to help focus on what you want to achieve
- Regular questionnaires to help understand how you're feeling & track changes. They also add to the ongoing evidence base
- Learning new skills to help you cope with different situations
- Setting tasks to put these skills into practice & use them to reduce the impact of your thoughts & feelings

