

COURSE OF THERAPY

Sessions last around 1 hour, beginning with an Initial assessment. Treatment varies between 10-20 sessions depending on the severity of the problem. Sessions usually take place weekly initially, but this is variable, and there is an expectation for the client to complete tasks (homework) in between sessions.

RATES

Each session costs £50

CANCELLATION

The full fee is charged where cancellation of a session is without prior arrangement.

Both CBT therapists have extensive experience of using CBT for a variety of mental health issues, and have been published in peer reviewed journals. They are accredited through the BABCP which ensures therapists have undergone specific levels of training, practice and supervision.

For further information please refer to the website below

<http://www.babcp.com>

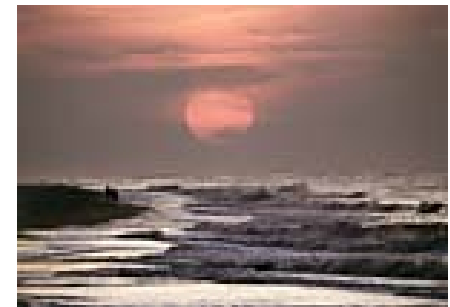
THERAPY VENUE

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Cognitive Behaviour Therapy



*Let us help you to bring calm back into your
life*

KEITH MARSHALL &

STEPHEN ANDERSON

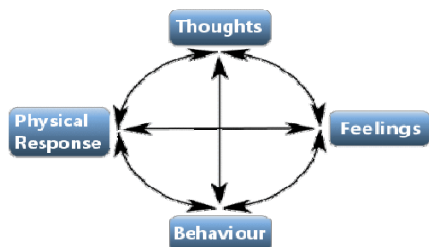
COGNITIVE BEHAVIOURAL

PSYCHOTHERAPISTS

C **OGNITIVE BEHAVIOUR THERAPY**

WHAT IS CBT

Cognitive Behaviour Therapy (CBT) is a talking therapy. It can help people who are experiencing a wide range of mental health difficulties. What people think can affect how they feel and how they behave. This is the basis of CBT.



During times of mental distress, people think differently about themselves and what happens to them. Thoughts can become extreme and unhelpful. This can worsen how a person feels. They may then behave in a way that prolongs their distress.

CBT practitioners help each person identify and change their extreme thinking and unhelpful behaviour. In doing this, the result is often a major improvement in how a person feels and lives.

WHAT IS INVOLVED

Clients and therapists work together, to identify and understand problems in terms of the relationship between thoughts, feelings and behaviour. The approach usually focuses on difficulties in the here and now, and relies on the therapist and client developing a shared view of the problem. The treatments are inherently empowering in nature, the outcome being to focus on specific psychological and practical skills aimed at enabling the client to tackle their problems by harnessing their own resources. There is an emphasis on putting what has been learned into practice between sessions (“homework”).

PROBLEMS COVERED

- ◆ DEPRESSION
- ◆ STRESS/ANXIETY/PANIC
- ◆ OBSESSIVE COMPULSIVE DISORDER
- ◆ HEALTH ANXIETY
- ◆ GENERALIZED ANXIETY
- ◆ TRAUMA
- ◆ EATING DISORDERS
- ◆ ASPERGERS SYNDROME

CONTACT DETAILS



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