

### Guided Self Help

Guided Self Help is a structured set of sessions based on the Cognitive Behavioural Therapy (CBT) model; it can be tailored to your specific difficulties to help your own understanding and your self-management of these difficulties. We will look more at how your difficulties operate in the 'here and now' and what may be keeping them going; the focus will not be on past events.

### What is Cognitive Behavioural Therapy (CBT)?

It is a talking treatment that can help you to change how you think ("Cognitive") and what you do ("Behaviour)", CBT can help you to make sense of your problems, it does this by breaking them down into smaller parts, it is then easier to see how they are connected and how they affect you.

### These five key areas are:

- The Situation, relationships and practical problems you face
- Thoughts
- Feelings
- Physical symptoms
- Behaviours

Guided self-help will help you to carry out your own five areas assessment and focus on the area that you wish to change and then help you to bring about these changes in a planned step by step way. A blank 5-areas diagram can be found on the next page.

### Why do we do it?

Guided self-help is recommended by the National Institute for Health and Clinical Excellence (NICE) and is a Cognitive Behavioural Therapy (CBT) based approach for supporting people with mild to moderate anxiety, depression or stress. CBT is an evidence-based, problem focussed method of changing the way people think, feel and behave.

### What does it involve?

Guided self-help involves sessions with a specially trained practitioner, in a course of up to four-six sessions. These sessions usually last thirty minutes and are generally spread across a number of weeks, which will cover the following areas:

- Support you to understand the issues you have and how they are affecting you now using a 5 areas model/ABC model.
- Introduce you to a range of self-help materials
- Guide you in how to use these materials effectively
- Help you to make positive and practical changes
- You and your therapist will continue to review your progress throughout the sessions to ensure you receive the most appropriate treatment.

### What is required?

- Commitment to attending sessions
- Ability to set limited achievable goals to work on during treatment
- Complete suggested reading away from sessions
- Practising tools and techniques away from sessions

## A blank 5-areas diagram

