



Health Anxiety Course

What is the course?

This is a 8 session course aimed at people who experience Health Anxiety.

Health anxiety is a severe and persistent anxiety focused on health. This then leads to maladaptive approach and avoid behaviours such as checking, reassurance seeking and excessive searching for symptoms online. The fear of an underlying illness or disease must have been present for at least six months, but the type of illness that is feared can change through this period.

What is CBT?

Cognitive Behavioural Therapy involves understanding the link between how we feel, what we are thinking, and how we behave, in certain situations.

CBT is a practical therapy that involves learning about anxiety, and making changes to what we do and how we think, in order to feel better.

Session Topics

- Understanding of health anxiety
- Overcoming avoidance.
- Focus of attention/ attention training
- Thought challenging

Frequently Asked Questions

How many other people will be there?

We usually have between 6-12 people attending the course.

What if I feel too anxious to turn my webcam on or speak?

We understand that the thought of a course can be very anxiety provoking, and switching on a webcam may also provoke anxiety for some people. A real strength of this course is being able to connect with other members of the group, in order to build a shared understanding of health anxiety symptoms, and trying and reviewing different skills together. It can be more difficult to engage in the session if we are unable to see or hear each other, which is why we do ask people to turn their webcams on in order to get the most benefit from your treatment. Please discuss any concerns with your assessor or group facilitator.

What if I can't make a session?

Please call 0300 790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.

Please note that our website www.steps2wellbeing.co.uk has lots of valuable information about our service.