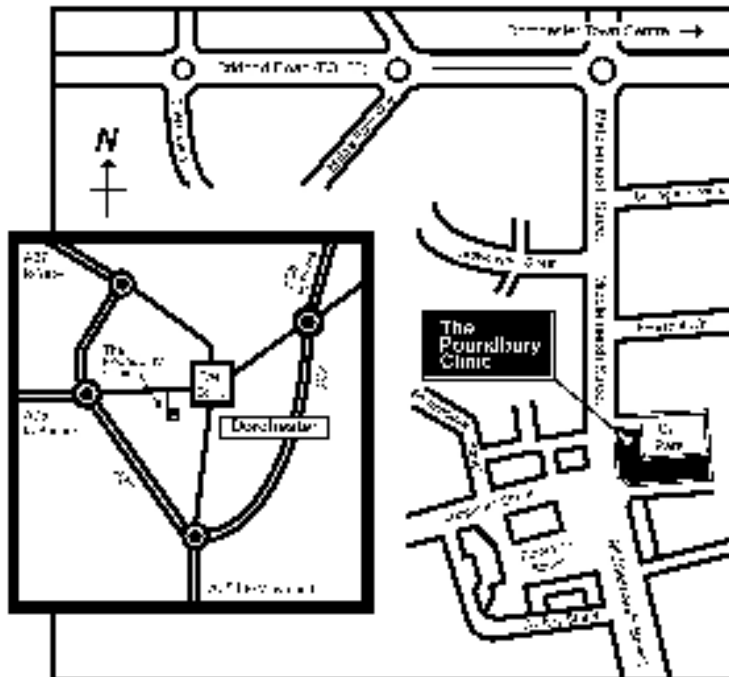


COGNITIVE BEHAVIOURAL THERAPY (CBT)

Clinic opening hours:
Monday - Friday: 8.30am to 5.30pm

Practitioner: Ginny Dobson B Ed(Hons) RMN

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.



The Poundbury Clinic

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD
Tel: 01305 262626 Fax: 01305 262641
Email: info@thepoundburyclinic.co.uk
Website: www.thepoundburyclinic.co.uk



What Is Cognitive Behavioural Therapy (CBT)?

Cognitive Behavioural Therapy is a brief form of psychotherapy, which controlled trials have found to be an effective treatment for a wide range of psychological problems, reducing risk of recurrence in the future. It is problem-orientated, deals with the 'here and now' and not with unconscious conflicts derived from childhood.

Cognitions are the way a person interprets events as well as images, thoughts and attitudes. Put simply, a person's mood reflects the way he thinks. By changing the way he thinks and challenging beliefs he can change his mood. It does not mean thinking "positively", but thinking and acting realistically and to challenge his self-defeating beliefs.

Challenging self-defeating beliefs is a skill that can be learnt and much emphasis is placed on homework tasks for the client to complete between sessions. Clients are taught how to use alternative coping strategies to help them face up to their fears and reinterpret their symptoms of anxiety.

What Can CBT Treat?

- Stress
- Depression
- Specific Phobias
- Generalised Anxiety/Panic
- Post Traumatic Stress Disorder (Trauma focussed CBT is recommended first line treatment for PTSD in draft report of The National Institute for Clinical Excellence (NICE August 2004)
- Health Anxiety
- Poor Body-Image
- Insomnia
- Drug or alcohol problems
- Other addictions, such as pathological gambling
- Eating disorders
- Chronic fatigue syndrome
- Jealousy
- Sexual and Relationship problems

- General Medicine (e.g. Chronic fatigue, irritable bowel syndrome and chronic pain).

CBT Practitioner at The Poundbury Clinic

Ginny Dobson B Ed(Hons) RMN

Special Interests: occupational stress, Post traumatic stress and other psychological sequelae of traumatic events eg Road traffic accidents, physical assault, rape and the long term effects of childhood abuse (sexual, emotional and physical)

At The Poundbury Clinic on Tuesdays 8.30 – 12.30. Home consultations if appropriate.

Cost: £67 per 1 hour session

You may find the following websites useful:

www.estss.org European Society of Traumatic Stress Studies

www.isma.org.uk International Society of Stress Management

www.mind.org.uk

www.traumaclinic.org.uk

www.edauk.com (Eating Disorder Association)

www.babcp.org.uk

<http://hcd2.bupa.co.uk/fact> (BUPA – treatment fact sheets/research)

www.beyondfear.org

www.phobics-society.org.uk

www.hypnosistapes-and-cds.com

Sept 08