

HI CBT

Information Leaflet

What is HI CBT?

HI CBT stands for High Intensity Cognitive Behavioural Therapy. HI CBT is a talking therapy which will look at helping you to manage your difficulties better by changing the way you think. HI CBT is based on the idea that our thoughts, emotions, physical feelings, and behaviours all interact and influence one another.

Who can HI CBT help?

HI CBT is aimed at helping children and young people who may be suffering with low mood or anxiety for a long period of time. HI CBT can also help those experiencing other difficulties such as low self-esteem, phobia's, OCD and more.

What do HI CBT sessions look like?

Within sessions of HI CBT, you will work with your therapist to identify unhelpful thoughts, emotions or behaviours. You will be encouraged to think of ways you can challenge this unhelpful cycle and practise the strategies you learn at home. CBT aims for you to become your own therapist and be able to continue the management of your problems after therapy ends.

How long are HI CBT sessions?

HI CBT sessions are normally an hour long. You will receive between 5-20 sessions and these will usually take place every 1-2 weeks.