



LI CBT

LOW INTENSITY COGNITIVE BEHAVIOURAL THERAPY INFORMATION LEAFLET

WHAT IS LI CBT?



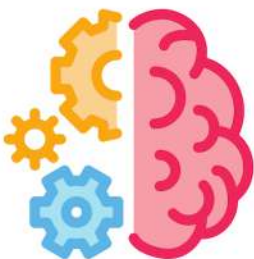
Low Intensity Cognitive Behavioural Therapy (LI CBT) is a brief evidence-based therapy, focusing on the core principles of Cognitive Behavioural Therapy which helps identify and change unhelpful thoughts, feelings and behaviours.

WHO CAN LI CBT HELP?

LI CBT is aimed at supporting children and young people who may be experiencing difficulties with low mood, anxiety and managing their emotions.



WHAT DO LI CBT SESSIONS LOOK LIKE?



In LI CBT sessions, you will create goals together with your therapist which you will continue to work towards. To do this, your therapist will provide a range of resources, helpful materials and activities to be completed both within sessions and at home.

HOW LONG ARE LI CBT SESSIONS?

LI CBT sessions last 30-40 minutes and will normally take place weekly.

You will receive 6-8 sessions with your therapist, after which you will be ready to practise the strategies you have learnt on your own.

