

For further information please contact:

STEP – Torbay, South and West Devon

Tel: 01392 388 202

STEP – Exeter and East Devon

Tel: 01395 220 100

STEP – North and Mid Devon

Tel: 01271 443 255

Acknowledgement

Thank you to South London and Maudsley NHS Foundation Trust for allowing us to adapt their CBT leaflet for our service.



Reference: 585/06/18

Helpful information and websites

www.nice.org.uk for the updated National Institute for Health and Clinical Excellence guidelines for psychosis

www.carers.org for information about caring for someone with a mental health difficulty

www.rethink.org - 'Rethink': a national organisation supporting people with a range of mental health difficulties

www.mind.org.uk - Mind: a national organisation providing help for everyone

www.dpt.nhs.uk/STEP - for more information about our Specialist Teams for Early Psychosis (STEP)

Your feedback

If you would like to know more about us, need information in a different language or format or have a concern, compliment or complaint, then please contact our PALS Team:

PALS Team
Devon Partnership NHS Trust
Wonford House, Dryden Road
Exeter EX2 5AF

Freephone: 0800 0730741
Email: dpn-tr.pals@nhs.net

You will also find useful information about our services and issues related to mental health and wellbeing on our website.

www.dpt.nhs.uk



Devon Partnership
NHS Trust

Cognitive Behavioural Therapy (CBT) for psychosis

Information for people using our service



Specialist teams for early psychosis

Introduction

Are you experiencing any of the following?

- Hearing voices
- Seeing unusual things
- Feeling that odd things are happening around you or to you
- Worrying that other people want to harm you
- Feeling that other people are controlling your thoughts and actions
- Being given a mental health diagnosis that you don't understand or that you disagree with

Are you worried or upset by these? Do you want to talk? Cognitive Behavioural Therapy (CBT) could help.

What is CBT?

CBT is a kind of talking therapy which can help you to cope with distressing or troubling experiences. It works by helping you to identify how thoughts and beliefs influence feelings and behaviour. It is a practical therapy which aims to teach you new skills.

What happens in CBT?

The CBT therapist can help you to:

- Understand and cope with your experiences
- Find new ways of thinking about or responding to your experiences
- Find ways to stop things from getting worse

Typically CBT sessions might involve:

- Discussing what problems you want to work on
- Setting goals to work towards
- Exploring thoughts, feelings, and behaviour (sometimes using charts or diagrams)
- Practising skills during and between sessions.

Does CBT work?

Research suggests that CBT can help people to cope with frightening thoughts and hearing voices. National guidelines recommend that CBT is offered, together with medication, to anyone who has these distressing experiences.

Will CBT work for you?

We hope that CBT will lead to good results and you will feel better. But talking therapies don't suit everybody and some types might work better for you than others.

CBT may be upsetting or feel like hard work at first because you're trying to find new ways to deal with your difficulties. It's important to tell your therapist if you think it isn't helping you or if there are any problems in your relationship with them. They'll work with you to try to sort these out.

You also need to be prepared to attend sessions regularly and to complete tasks in between sessions.

How do I get to see a CBT therapist?

Speak to your Recovery Co-ordinator and ask them to refer you. They'll usually carry on seeing you while you see a CBT therapist.

Sessions normally take place in one of the community team bases and are usually offered weekly or fortnightly for around 16 sessions, although the duration of therapy can vary depending on your needs.