

Cognitive Behavioural Therapy (CBT)

at St Oswald's Hospice



Why CBT?

It is well recognised that the way that we feel is tied up with the way that we think. Sometimes we all get into unhelpful patterns of thinking that make us feel bad, but if this continues it can lead to anxiety, depression, panic or other problems.

Having a serious illness affects different people in different ways. This may depend on the effects of the illness, their circumstances and their thoughts and beliefs about themselves.

When diagnosed most people feel frightened, angry, low, confused or a combination of all of these. As time goes on people tend to settle into a pattern of coping, which is different for each person.

Many people have ongoing feelings of anxiety, low mood, anger or panic that get in the way of things they want to do. For these people CBT can be helpful.

What is CBT?

CBT is based on the theory that thoughts, feelings, physical changes and behaviour all affect each other. This may seem obvious but sometimes we don't notice the thoughts that go through our minds, or ways that we have changed our behaviour, that change the way we feel.

CBT is a two-way process with a therapist to help explore thoughts, feelings and behaviours. It identifies the triggers and unhelpful ways of thinking that affect the way you feel, along with opportunities to think or do things differently to see whether this makes a difference.

CBT is:

- Short term (usually 6 -12 one hour sessions)
- Tailored to you
- Collaborative
- Effective

Meet the CBT team at St Oswald's

Anne says:

"I've been a consultant in palliative medicine for 10 years and I feel CBT effectively complements medication for many people. I really enjoy helping people to think and feel differently."



Referral Procedure

Patients can be referred for CBT by GP's, nurses or other health care professionals. If you would like to discuss CBT further please do not hesitate to ask a member of staff.

CBT helps if:

- You really want to feel differently
- You can identify your thoughts and your feelings
- You are willing to try different ways of doing things or looking at things
- You are prepared to do some homework between sessions

How CBT has helped others

33 year old Mark Taylor has Motor Neurone Disease. He became anxious and it was recommended he had CBT while he was at St Oswald's.

Mark had 10 sessions of CBT and feels as though he is enjoying life again, thanks to CBT. See overleaf for more information about how CBT helped him.

"A year ago I was admitted to St Oswald's because I started to have panic attacks and severe anxiety. I tried to cope and just manage it on my own but I got worse to the point of a nervous breakdown. Because of this I started to have CBT. It immediately made an impact and is the only thing that has helped me, even more than medication. I am now anxiety free and have the ability to manage the stress in my life thanks to CBT. I am now back at work and enjoying my life again because of the strategies I learnt through my CBT."

Mark Taylor, a St Oswald's CBT Patient

If you would like to know more about our work please visit our website:

www.stoswaldsuk.org

Find us on:



We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.

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