**Cognitive Behavioural Therapy (CBT)**

CBT is a type of talking therapy that can be done 1:1 or in a group. CBT can help you to improve your mood and is particularly effective for anxiety and depression. In CBT, problems are broken down into 4 main areas:

* Thoughts: how we make sense of what is happening.
* Emotions: how we feel / respond to a situation
* Behaviour: what we do to feel safe, or take our mind off our problems
* Physical sensations: how our body reacts to a situation

CBT helps you to recognise the relationship between these four areas, and to learn different ways of responding to each.

**What to expect from a CBT session**

1:1 CBT sessions last 50-60 minutes. You will usually be asked to keep a record of your mood and to practice what you have learned in-between sessions. For more information about CBT please visit this website:

<http://www.nhs.uk/conditions/cognitive-behavioural-therapy-cbt/>

Below is a video which explains what CBT is and also a how it can be helpful for people experiencing Chronic Fatigue Syndrome.

<https://www.youtube.com/watch?v=9c_Bv_FBE-c>

<http://letstalkaboutcbt.libsyn.com/>

**Acceptance and Commitment Therapy (ACT)**

ACT is a type of talking therapy that can be done 1:1 or in a group. ACT can help you to recognise and accept aspects of your life that are outside of your control, and to learn different ways of coping. ACT will help you to set goals based on what you value (what is most important to you) and **focuses on 3 areas:**

* **Accept your reactions and be present (in the here and now)**
* **Choose a valued direction**
* **Take action**

ACT also includes mindfulness practice, which involves a range of practical exercises that will help you to focus on the here and now, rather than getting caught up in past or future thoughts and difficulties.

**What can you expect from an ACT session?**

1:1 ACT sessions last 50-60 minutes. You will usually be asked to keep a record of your mood and to practice what you have learned in-between sessions. For more information about ACT please visit this website:

[**www.contextualscience.org**](http://www.contextualscience.org)

Below is a video which talks about ACT and how it can help people to improve their quality of life and reduce suffering.

<https://www.youtube.com/watch?v=RMWgrGUSlUQ>

<https://www.michellemcquaid.com/podcast/mppw-32-russ-harris/>

**Compassion Focussed Therapy (CFT)**

CFT is a type of talking therapy that can be done 1:1 or in a group. CFT is very effective if you struggle with high levels of shame and self-criticism. This approach will help you to understand why it is ‘not your fault’ that you experience difficult feelings, and will support you to develop a different relationship with these difficult parts of yourself.

**What can you expect from a CFT session?**

**1:1 CFT sessions usually last 50-60 minutes. CFT involves talking about your difficulties, and taking part in guided exercises to develop compassion. You will usually be asked to practice these exercises in-between sessions. For more information about CFT please visit the Compassionate Mind Foundation website:** <http://www.compassionatemind.co.uk>

Below is a podcast which discuss’ what CFT is and how it can help

<https://letstalkaboutcbt.libsyn.com/lets-talk-about-cbt-compassion-focussed-therapy-episode-0>

<https://www.youtube.com/watch?v=ugthfqb-I_g>

**Eye Movement Desensitisation and Reprocessing (EMDR)**

EMDR is a type of 1:1 therapy that can help you to overcome the difficult feelings and physical sensations that can occur if you have experienced something distressing. Often, when we experience something (or several things) that are distressing, our brains and bodies are not able to process what we have been through, and the difficult feelings and physical sensations linked to this can become stored in the body. This can make it feel as though we are reliving the difficult experience even though it may have happened a long time ago.

EMDR will help your brain and body to process the distressing experience and as a result, reduce the difficult physical and emotional sensations that you are still experiencing.

**What can you expect from an EMDR session?**

An EMDR treatment session can last up to 90 minutes. Your EMDR therapist will use sets of side-to-side eye movements, sounds, or taps to allow the brain to resume its natural healing process.

For more information about EMDR, please click on the link to this website:

[www.emdr.com](http://www.emdr.com)

Below is a video which explains what EMDR is and how it can help.

<https://www.youtube.com/watch?v=iSHuFHFrUis>