

Impulse & Anger Problems

A programme is also offered for adults who get into trouble as a result of poor control over impulses such as anger and inappropriate sexual behaviour. Therapy enables the individual to identify and change unhelpful thoughts and attitudes and to take personal responsibility for unacceptable behaviour. It also involves learning how to cope assertively and appropriately with situations perceived as unjust or stressful.

Suggested Reading: ■ 10 Days to Self-esteem by David Burns, M.D. ■ Anger by Carol Tarvis.

Motivation & Work Related Problems

Stress is common in the workplace. Cognitive behavioural consultation can be an effective way to focus your mental and physical energy on discovering you or your employees potential. This approach can enhance both your own and others abilities in the workplace. Employee assistance support is available to individuals or organisations for individual therapy or group stress management.

Suggested reading: ■ Reinventing Your Life by Jeffrey Young.

Other problems which can be helped

Eating Disorders, Habit Disorders, Post Traumatic Stress Disorder, Chronic Pain & Fatigue and difficulties with Sleeping.

Where combination of treatments with psychotherapy and medication is needed it is usually possible to work together with your General Practitioner or Consultant Psychiatrist.

*Please call 7-9 pm for
free and confidential
advice 07976895298*

**Our practice is based at
SPIRE Parkway
Hospital**

**Out Patient
Appointments**

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Scope of Insurance Cover

All insured patients are advised to check with their insurers that intended treatments are fully covered.

Estimates of Cost

Many patients like to have a clear idea of cost. I will advise you on request of the fees normally associated with treatment.

**Michael Townend &
Louise Iannetta**

**Cognitive Behavioural
Psychotherapists**



**Referral and Programme
Information for Health
Professionals and Patients**



Introduction

Cognitive Therapy, Behavioural Therapy and Cognitive Behavioural Psychotherapy are three closely related forms of therapy. They are all based on research findings and theories of behaviour change and learning.

The focus of all three therapies is mainly, although not exclusively on the here-and-now, rather than the past.

Therapy is time limited. A typical course of therapy lasts between 8 and 20 sessions with regular measurement and evaluation of progress. It can be used to help people irrespective of their intelligence, insight or disabilities.

The main goal of therapy is to help individuals; families or couples bring about coping and changes in behaviour or thinking. Goals for change may involve:

- Changing behaviour e.g. being more assertive
- Changing feelings e.g. being less fearful or depressed
- Changing thinking patterns e.g. learning how to solve problems or deal with self defeating negative thoughts or beliefs
- Improving coping e.g. how to deal with panic.



Therapy Programmes

Treatment for Depression and Anxiety

Depression and generalised anxiety are mood problems that occur when you feel negative about self, the world, and the future or perceive you are continually vulnerable.

Cognitive Behavioural Psychotherapy is perhaps the most researched form of psychotherapy for anxiety and depression. It has been shown to be a very effective short-term approach to help improve mood and alleviate anxiety symptoms. Although medication can be effective, many people who seek cognitive behavioural psychotherapy are trying to avoid or minimise the use of medication.

The programme of treatment with cognitive behavioural psychotherapy includes learning to identify and challenge unhelpful thinking and attitudes, problem solving, and learning new coping behaviours.

Suggested Reading: ■ Feeling Good, The Feeling Good Handbook both by David Burns, M.D. ■ Mastery over Anxiety & Panic by Barlow & Craske. ■ Coping with Depression, Ivy Blackburn. ■ Mind over Mood By Greenerger and Padesky.

Relationship, Sexual & Family Disorders

Problem-focused treatments for Couples and Families are also provided. Many times problems persist because of communication and behaviour patterns or habits in a family or marriage that have become unhelpful.

Cognitive Behavioural psychotherapy helps you change the way you communicate with those you love so you can be heard as well as listen better. Family problems are many times more effectively dealt with if more than one family member can attend therapy sessions. If this is a direction that you want to take, you may discover things about yourself and those close to you that will allow for a better, happier and more fulfilling home life.

Suggested Reading: ■ Love is Never Enough by Aaron T. Beck, M.D. ■ Intimate Connections by David Burns, M.D. ■ Couple's Guide to Communication by Gottman, et.al.,

Phobias, Panic & Obsessive Compulsive Disorder

Anxiety disorders include phobias (fear of different kinds of situations, objects, or beings). Panic disorder (episodes of extreme fear when you may feel you are going out of your mind or are about to die, but don't). Obsessive compulsive disorder (repetitive unwanted thoughts, images and impulses and obsessive rituals and other distressing behaviour) is very common and usually responds well to cognitive behavioural psychotherapy either with or without medication.

Therapy usually involves self-directed graded exposure and response prevention, problem solving, relapse prevention and cognitive therapy if required.

Suggested reading: ■ Living with Fear Isaac Marks, M.D. ■ Obsessive-Compulsive Disorder the Facts, Rachman, S, and De Silva, P.

