

DESCRIPTIONS OF PSYCHOLOGICAL THERAPIES OFFERED BY CPPS

We offer psychological therapies that fall into four main groups.

1. Approaches that emphasise the role of thoughts and perceptions in psychological difficulties

CT (Cognitive therapy)

- Cognitive therapy deals with thoughts and perceptions, and how these can affect feelings and behaviour. By reassessing and learning how to challenge negative thoughts an individual can learn more flexible, positive ways of thinking, which can ultimately affect their feelings and behaviour towards those thoughts.

CBT (Cognitive Behavioural Therapy)

- The approach focuses on thoughts, emotions, physical feelings and actions, and teaches clients how each one can have an effect on the other. CBT is useful for dealing with a number of issues, including depression, anxiety and phobias.

2. Approaches that emphasise understanding how to use new skills and behaviours in place of habitual responses to problems and managing distress

Behaviour therapy

- Behavioural therapy focuses on an individual's learnt, or conditioned behaviour and how this can be changed. The approach assumes that if a behaviour can be learnt, then it can be unlearnt (or reconditioned), so is useful for dealing with those behaviours that the client wishes to moderate.
- A particular variant of behaviour therapy is an approach called FAP (Functional Analytic Psychotherapy). As a treatment FAP places great focus on the therapeutic relationship and its use to help support and encourage the client's attempts to change habitual patterns of behaviour.

ACT (Acceptance and Commitment Therapy)

- ACT uses acceptance and mindfulness strategies mixed in different ways with commitment and behaviour-change strategies, to increase psychological flexibility.
- ACT differs from traditional CBT in that rather than trying to teach people to better *control* their thoughts, feelings, sensations, memories and other private events, ACT teaches them to *relate differently* to these internal events – to "just notice" (without necessarily directly engaging), accept (that the internal events are there but do not have to dictate their reaction), and embrace their private events, especially previously unwanted ones.
- ACT aims to help the individual clarify their personal values and to take committed action on them, bringing more vitality and meaning to their life in the process and thus increasing their psychological flexibility.

DBT (Dialectical Behaviour Therapy)

- DBT uses both group and individual therapy sessions. It was originally developed to treat women who displayed severe suicidal or self-harming behaviour. Alternative behaviour strategies and specific behaviour management skills are identified and coached.
- The unique part of DBT is the use of 'dialectics'. A ***dialectic*** refers to the process of finding a balance between two opposing ideas. For instance, between accepting yourself as you are, and acting towards change.
- The process of finding a balance between opposing forces or ideas (e.g. between two extreme views, or a black-and white way of looking at things) allows the client to learn new behaviour strategies and move away from the old problematic behaviours.
- A set of therapy targets is addressed throughout the therapy in hierarchical order. At the top of the hierarchy is the reduction of behaviours that may be harmful to oneself or others. Other therapy targets involve learning new behaviours.

Together, therapies such as DBT, FAP and ACT are often referred to as third generation behaviour therapies because they focus less on cognitive phenomena and instead focus on

- 1. Understanding how habitual and problematic behaviours may be the client's way of trying to solve very real emotional and psychological problems, and*
- 2. Teaching clients alternative skills and techniques to solve these problems in more effective ways.*

3. Enhancing well being

Mindfulness training

- Mindfulness is a technique that originated from Buddhist meditation that helps people learn to focus on the present and to gain greater awareness of their thoughts, emotions and action urges, with a view to being able to make effective choices in day to day living. Scientific research has produced strong evidence in favour of mindfulness techniques to support the achievement of mental wellbeing.

ACT-based Wellbeing Course

- This is a short 6 session course for those who wish to learn how to use acceptance and mindfulness techniques on a daily basis in support of pro-active self management for living a valued life.

Mindfulness meditation and ACT-based packages are becoming popular tools to help those who wish to take a pro-active approach to managing their lives and sense of well being.

4. Other therapies - useful for addressing relationships and traumatic experiences

CAT (Cognitive Analytic Therapy)

- CAT therapists work to change behaviours and relationship problems by using enhanced self-reflection as the means for change at all levels.
- The aim is, collaboratively with the client, to draw out a map of the changing roles of the client experiences and to plot out the effects (good and bad) of

this on the self and on others. The map can be used by the therapist to illustrate patterns to the client in a constructive and transparent way.

- This map can be used by the client to identify unhelpful behaviour when it occurs and, in time, to prevent this behaviour occurring by recognising the pathways that lead to it.
- The therapy also identifies target problems and ways of dealing with these in the client's characteristic behaviour, which the client then can work on.

EMDR (Eye Movement Desensitisation And Reprocessing)

- EMDR is a form of psychological therapy that was developed in the 1980s by American clinical psychologist Dr Francine Shapiro.
- EMDR is used to treat psychological traumas, such as war experiences, natural disasters, road accidents, rape and assault.