

# Cognitive Behavioural Therapy Services

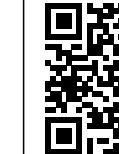


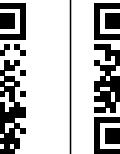
Location

**East of England, Hertfordshire**
<https://www.freeadsz.co.uk/x-248187-z>


I am an experienced and fully accredited CBT therapist offering cognitive behavioural psychology services in Little Chalfont, which is in easy reach of Amersham, Latimer, Chalfont St Peter, Chalfont St Giles, Chorleywood, Rickmansworth, Sarratt, Chesham, Chenies, Beaconsfield, and Gerrards Cross. CBT, or Cognitive Behavioural Therapy, is a form of talking therapy. It has been proved to help treat a wide range of psychological difficulties in adults and young people. CBT focuses on how the way we think about situations can affect the way we act. Also our actions or behaviours can affect the way we think and feel. I work together with my clients in addressing their thinking styles or habits and/or behaviours in order to improve the way they feel. Cognitive Behavioral Therapy (CBT) is an evidence-based and effective psychological treatment. It is recommended by the National Institute for Health and Care Excellence (a government body that reviews research evidence and consults with experts in the field) for the treatment of anxiety and depression. It is a practical and goal-focussed therapy which sees the therapist and client working together towards agreed therapy goals. Treatment is very much focussed on what the client would like to get out of it. CBT focuses on forming a shared understanding of the main difficulty and what keeps it going. It is generally a "here and now" approach, focusing on addressing your current difficulties. It explores the link between how you think, what you feel, and what you do, and how your environment impacts on you. Highlighting these links helps to identify what thoughts and behaviours might need to be addressed in order to help you feel better. CBT is a short term and time limited psychological.

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