

# Cognitive Behavioural Therapy (CBT)





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You may be feeling down, are experiencing anxiety or have other concerns about your health and future. Exploring your past may be too frightening or take too long to be an option. In Cognitive Behavioural Therapy (CBT), you can focus on the present and consider how thoughts and interpretations are affecting your life.

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*changing our thinking can change our future*

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Identifying thoughts and bringing them into the open, can change the way we feel and resolve issues including ...

- ▶ anger, anxiety, panic disorder
- ▶ depression, low self esteem
- ▶ obsessive compulsive disorders (OCD)
- ▶ post traumatic stress disorder (PTSD)

Our CBT Therapist can help you recognise and challenge thinking patterns that are holding you back.

member of Relationships Scotland

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