

Cognitive Behaviour Therapeutic Approaches

What are Cognitive Behaviour Therapeutic Approaches?

CBT approaches are a very effective way of helping children and young people overcome their difficulties. CBT explores the link between:

- the way people think;
- how they feel;
- what they do.



Who is this for?

Children and young people aged 8 years+ who are verbally able.

Those who are experiencing worries, or low mood which is impacting on their daily life.

How will this approach help?

CBT helps by identifying unhelpful ways of thinking, supporting children to understand their own feelings and enabling them to use strategies to overcome their difficulties.

What will this involve?

- 6-8 weekly sessions in school (individual or group) lasting between 40-60 minutes.
- Consultations with parents/caregivers and school staff.
- Specific target setting with review.

Cognitive Behaviour Therapeutic Approaches - 10-12 hours of EP time