

# Healthy Minds

Buckinghamshire Primary Care  
Wellbeing Service

## CBT Self Help Course



## What will the course be like?

The Cognitive Behavioural Therapy (CBT) self help course has two facilitators and 15-25 people who are experiencing low mood, anxiety or stress. The course will run for six consecutive weeks. Each session will last for two hours, with a short break in the middle.

Throughout the course you'll have the opportunity to share your own experiences, learn from the experiences of others, and learn cognitive behavioural techniques to better manage your difficulties. Members will be strongly encouraged to try out the techniques between sessions and review the outcome at the next session.

## What will the course cover?

The course materials are based on CBT, a well researched psychological approach focusing on the link between our thoughts and behaviours.

## The Stress and Anxiety Management course will cover the following topics:

**Session one:** introduction to CBT, understanding what may trigger and maintain increased stress & anxiety

**Session two:** managing the physical symptoms of stress & anxiety

**Session three:** managing worry and solving problems

**Session four:** noticing and managing anxious or stressful thoughts

**Session five:** understanding & challenging avoidance

**Session six:** revisiting useful interventions and maintaining change



# The Mood Management course will cover the following topics:

**Session one:** introduction to CBT, understanding what may trigger and maintain low mood

**Session two:** helpful and unhelpful coping strategies - problems linked to avoidance, withdrawal and activity

**Session three:** ways of increasing motivation, reviewing our values, and problem-solving obstacles

**Session four:** identifying unhelpful thinking styles

**Session five:** how to effectively challenge our thoughts and ways to improve our sleep

**Session six:** planning for the future and maintaining change

## What are the benefits of these courses?

- Learning techniques to help manage your difficulties
- Option to attend daytime or evening, in different locations
- Feeling safe to share experiences in a confidential setting
- Meeting new people
- Being in a supportive environment
- Discussing ideas with others who can relate to you

## What if I'm uncomfortable in a group setting?

You won't be on your own. It's natural for people to feel anxious when in new situations. People who have attended our courses have found this becomes easier with each session. We will have a range of individual and small group activities with the opportunity to feedback. You may share as much or as little as you are comfortable with. The facilitators will be available if you have any concerns.



If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

আপনি যদি এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরমেট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

જો તમને આ માહિતી બીજી ભાષામાં અથવા બીજા આકારમાં જોઈએ, તો કૃપા કરીને અમને પૂછો  
यदि आपको यह जानकारी किसी दूसरी भाषा या आकार में चाहिए ही तो कृपया हम से पूछें

若您需要本信息的另一种语言或格式的版本，请与我们联系

ନେବ ବ୍ରହ୍ମାଣ୍ଡ ଟିଏ ନାହାନ୍ତାବି ବିନା ସୁନା ବ୍ରାହ୍ମା ନାଁ ନଭଲ ବିଂସ ଚାଟୀଟି ଚଢ଼ି ତାଁ ବିବଧା ଉବ ବି ମାଣ୍ଡୁ ପୁଢ଼ି

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ مہربانی ہم سے پوچھیں :-

## Contact us for more information

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Website: [www.oxfordhealth.nhs.uk/healthyminds](http://www.oxfordhealth.nhs.uk/healthyminds)

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971 or by email, [PALS@oxfordhealth.nhs.uk](mailto:PALS@oxfordhealth.nhs.uk)

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