

ELITE THERAPISTS

What will be involved?

Appointments are usually made within a few days of referral.

At the first meeting we would discuss your objectives in having therapy and begin to introduce you to how CBT works, so you have an idea of what's involved and if you think we can help you, make a short plan for future meetings.

At the second meeting we would usually start to look at specific situations that have proved difficult in more detail. We may also discover some new approaches for you to try out between meetings. This will help you put into practice some of the new strategies we would have discussed.

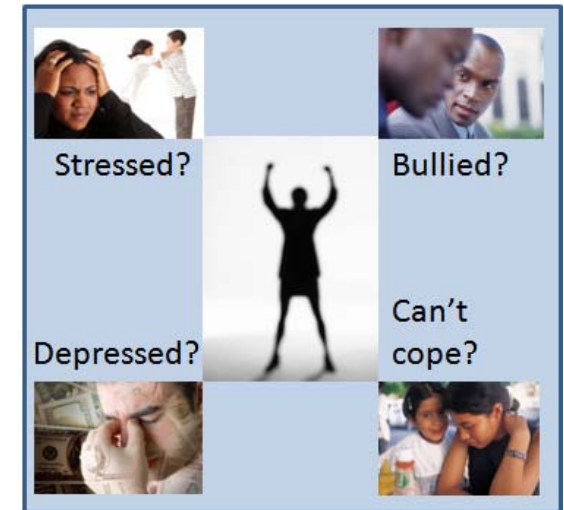
Sessions 3 to 5 may follow a similar pattern but concentrate on other areas as they may arise. During the last couple of sessions we may start to look at the ideas and values we have learned and that have influence our opinions about ourselves and other important people in our life. These beliefs affect our emotions and resilience to stress so they are very important to understand.

By the last session, we will be planning how to continue to improve your well being, outside therapy. We would discuss ways you could manage situations to avoid stress and strategies to cope better when stress is unavoidable which may include 'mindful exercises' and as well as other ways to help stay mentally robust and happy.

Telephone Elite Therapists on 01692 651621 for an appointment or speak to your doctor.

Email: enquiries@elitetherapists.com
URL: www.elitetherapists.com

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Do any of these situations apply to you? If they do we can help you cope better with the stress and anxiety which is effecting more and more of us today. We will help you understand yourself and others better so you can confidently use these insights to feel and behave more positively towards whatever each day brings, with greater energy and purpose.

We provide CBT (Cognitive Behavioural Therapy), which can help you to get back in control of your life.

CALL 01692 651621 FOR A
CONFIDENTIAL CONSULTATION
OR SPEAK TO YOUR DOCTOR
TODAY

ELITE THERAPISTS

EliteTherapists™ provide personal and professional Psychotherapeutic Support. We provide one-to-one therapy based on the Cognitive Behavioural Therapy (CBT) model. Within this framework we also provide a range of appropriate interventions both privately and through the NHS by referral from your doctor.

We help people with a wide range of stress related problems that may include:

- Stress (work related & PTSD)
- Depression
- Mood Swings
- Anxiety
- Abuse
- Lack of confidence
- Panic Attacks
- Feelings of low self-esteem
- Eating disorders
- Bereavement

As individuals we all handle our problems differently. Our ability to cope is largely based on our experience and the beliefs we hold about ourselves and others. The confidence we have in our own abilities to cope with life's crises shapes our behaviour. This varies greatly between individuals and more than 1 in 4 of the population experience psychological issues each year^[1].

We support clients by helping them learn more about themselves, how to use effective strategies that build confidence to face and manage their lives with renewed clarity and enthusiasm.

We offer a range of appointment structures to suit clients so they can be seen early, soon after referral.

Service Ethos & Ethics

We are bound by the codes of practices of our respective professional bodies, which are:-

British Psychological Society (BPS)

British Association for Counselling & Psychotherapy (BACP)

British Association for Behavioural and Cognitive Psychotherapists (BABCP)

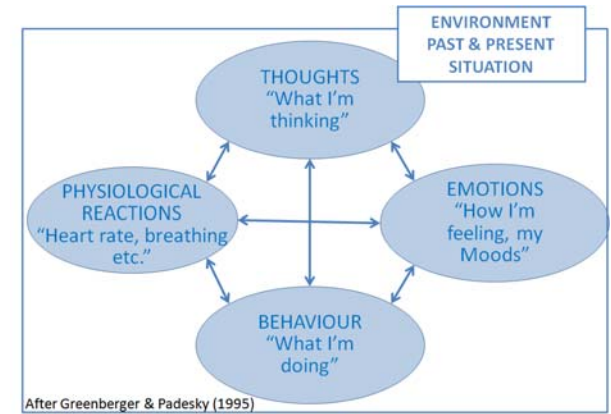
Fundamental to all of these codes of practice are client confidentiality, continuous professional development so you can be assured we are up to date in our practice, 100% client focus guaranteeing everyone is treated as an individual with care and respect.

In addition to the above, we have regular supervisory meetings where another senior therapist reviews our methods and treatment plans. This provides useful reflection and insight for the therapist and it helps continuously improve the quality of service we deliver to you our client.

What is Cognitive Behavioural Therapy - CBT?

CBT is based on a model that acknowledges the relationship between our Thoughts, Emotions, Behaviour and Physiological Reactions like blushing, trembling or nervous sweating.

Our thinking whether consciously or not, often affects our emotions and actions.



For example, I may think everybody is looking at me and probably criticising me when I walk into a room, perhaps about the way I look or behave, which makes me anxious and embarrassed, so I keep out of 'the limelight'. I avoid eye contact so I can't verify these beliefs. I feel myself blushing, getting hotter and sweating which makes me even more anxious.... I run out of the room. I hate parties."

CBT helps you reappraise your thoughts and emotions and particularly learn how to recognise those unhelpful thoughts which can negatively impact on the way you feel and behave.

CBT is not something that is done to you. CBT is a therapy where you take ownership of your life, your thoughts and feelings by learning more about yourself. The process can seem difficult at first, but that is why talking to a therapist can be so beneficial for support and guidance. For some it is a journey of self-discovery for others it's just realising that there are more helpful alternatives to ways of seeing yourself and others in your life.

[1] ONS 2000, Psychiatric morbidity among adults living in private households in Great Britain.