

The Programme includes:

- An introductory session
- Between 6-9 weekly one hour sessions
- 'Homework' activities to carry out between sessions
- Personalised programme reports and CBT information factsheets

The programme does not require any computer experience or literacy.

The CCBT Programmes Making Space currently uses are 'Beating the Blues', 'Fearfighter' and 'Living Life to the Full'.

What users say about CCBT Therapy

"Really useful therapy with a great support worker who understood where I was coming from. Thank you!"

"The service was very easily accessible once I was aware of it. The helpers very helpful and friendly."

"Felt comfortable and at ease with support worker. I have found it very useful and have had a definite improvement in my general state of mind and well being."

"Strategies really worked for me, superb program."

"Don't normally air my problems to other people, so I liked the fact that I could go through this programme at home and it has made me think more about my worries in a less stressful way."

"The service has helped me lift the millstone from around my neck."

Contact us

If you would like more information on Computerised Cognitive Behavioural Therapy, or you want to know how to access the therapy in your area and would like a referral form, please get in touch:

Website: www.makingspace.co.uk

Email: ccbtadmin@makingspace.co.uk

You can also contact the CCBT Service Team and Lisa Taaffe, the Service Manager, on 01925 581755 or 07894 594275

If you would like this leaflet in large print, audio, Braille or alternative format, please contact the Service Manager on the above number.



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CCBT Service

Computerised Cognitive Behavioural Therapy



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

What is Computerised Cognitive Behavioural Therapy (CCBT)?

Have you been feeling stressed, feeling low or nervous? Are you lacking in motivation? This free therapy could give you the practical help you need to start feeling in control again. CCBT offers you quick and easy access to one of the most effective treatments for mild - moderate depression,



anxiety panic and phobias. It's an interactive computer programme which guides you through the principles of CBT as a therapist would. By focusing on the here and now, this guided self-help therapy will help you change behaviours, challenge negative thinking, provide additional coping skills and work towards resolving some of your current problems.



The Making Space CCBT service

Making Space is a national mental health charity with a vision to support and enable people to make life choices and take a full and active part in their community. Our CCBT service offers...

- Drug-free treatment for mild to moderate depression
- Easy access including self-referral
- An anonymous and confidential service that is entirely FREE
- Support from our team of CCBT workers and volunteers...on hand to answer any questions or concerns. All our CCBT support workers are fully trained, receive ongoing clinical supervision and have been CRB checked

Making Space delivers CCBT in a number of locations. To find out if you can access this service in your area please get in touch. You can also gain access from home if you have use of a computer, the Internet and a printer.



How to access the service

1. CHECK OUR SERVICE CRITERIA

The CCBT service is for adults with mild - moderate depression, anxiety panic and phobias, who have some energy and motivation for change.

2. COMPLETE A CCBT REFERRAL FORM

This can be downloaded from the Making Space website or requested from the CCBT service

3. ARRANGE YOUR SESSION

We'll contact you to arrange an introductory session and ask you to complete a depression and anxiety assessment.

4. ATTEND WEEKLY OR BE AVAILABLE FOR TELEPHONE SUPPORT IF USING THERAPY FROM HOME

Our CCBT support workers will be on hand to help.

5. NEXT STEPS

When you've finished the programme, we'll talk with you about what further help you may like. You will also be able to review your sessions.

The Programme includes:

- An introductory session
- Up to eight weekly one hour sessions
- 'Homework' activities to carry out between sessions
- Personalised programme reports and CBT information factsheets

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