



CBT SERVICES

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# Agenda

- Introduction
- What is CBT
- Why illnesses develop/why absence can be a solution but also a problem
- Case Study
- Relapse Prevention
- Why CBT is not all the same

# Introduction

- 20yrs mental health experience
- RMN 1995
- CBT therapist 1998
- CBT Services specialise in
  - Cognitive Behavioural Therapy
  - Care Transition Management  
(Established 2001)

# CBT SERVICES TEAM

- Mix of employed, contracted and associate CBT therapists and Counsellors
- Our Care Transition Management Team (Staying Well) is nurse led and staffed by professionals from a range backgrounds, skills and experiences in rehabilitation.
- Our services are located through out the UK & Ireland

# Range of Referrers

- Insurance Industry
- Employers Directly
- Occupational Health Providers
- NHS
- HR Consultants
- Solicitors

# WHAT IS CBT?

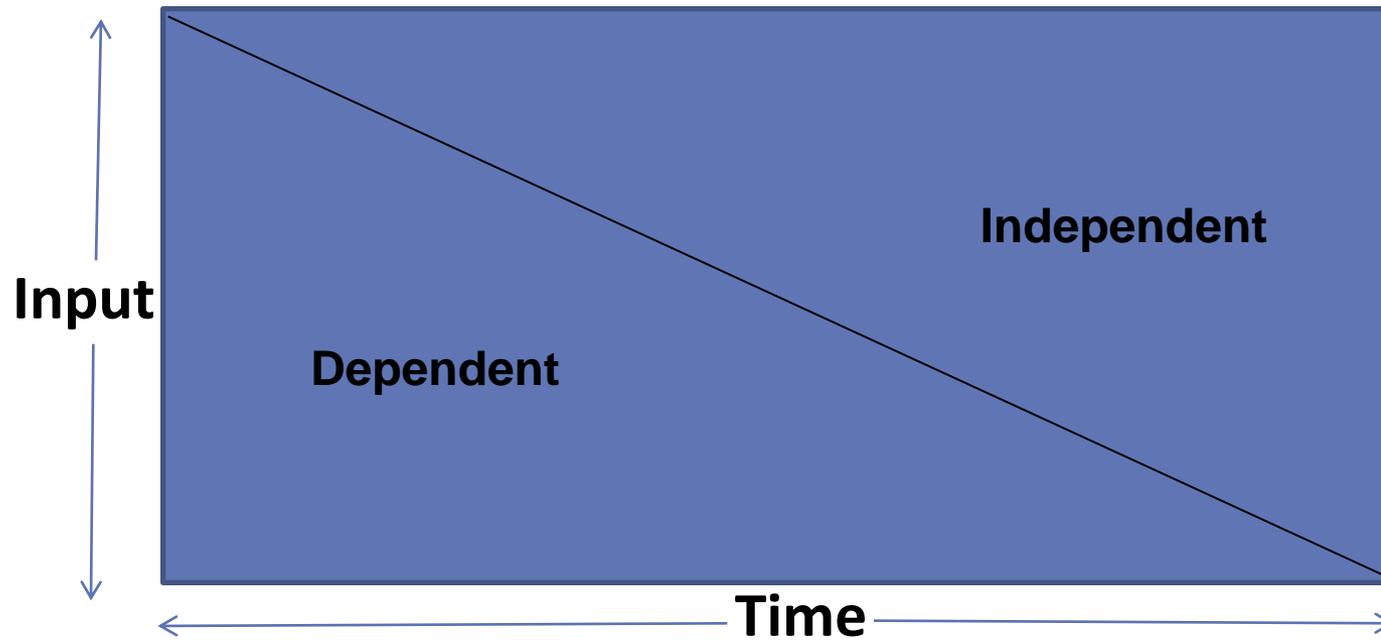
# CBT IS...

- Short-term, Problem Focused, Goal Directed, Evidence Based Psychological Treatment for Psychological Problems
- A “Doing” Therapy - Very Pragmatic and Hands on
- Our treatment approach is based upon the Five Systems

# WHO WILL BENEFIT?

- High-flying Executive
- Middle Management
- Office – Factory Worker
- Person involved in industrial accident
- Anyone from any background
- All have to have problems to functioning & be committed to therapy

# CBT Objective



# CBT IS RECOMMENDED BY NICE:

## Depression (Stress)

- Mild severity
- Moderate severity
- Moderate to severe

## Chronic Fatigue Syndrome (CFS)

## Obsessive-Compulsive Disorder (OCD)

## Anxiety (Stress)

- Panic Disorder
- Generalised Anxiety Disorder

## Post-Traumatic Stress Disorder (PTSD)

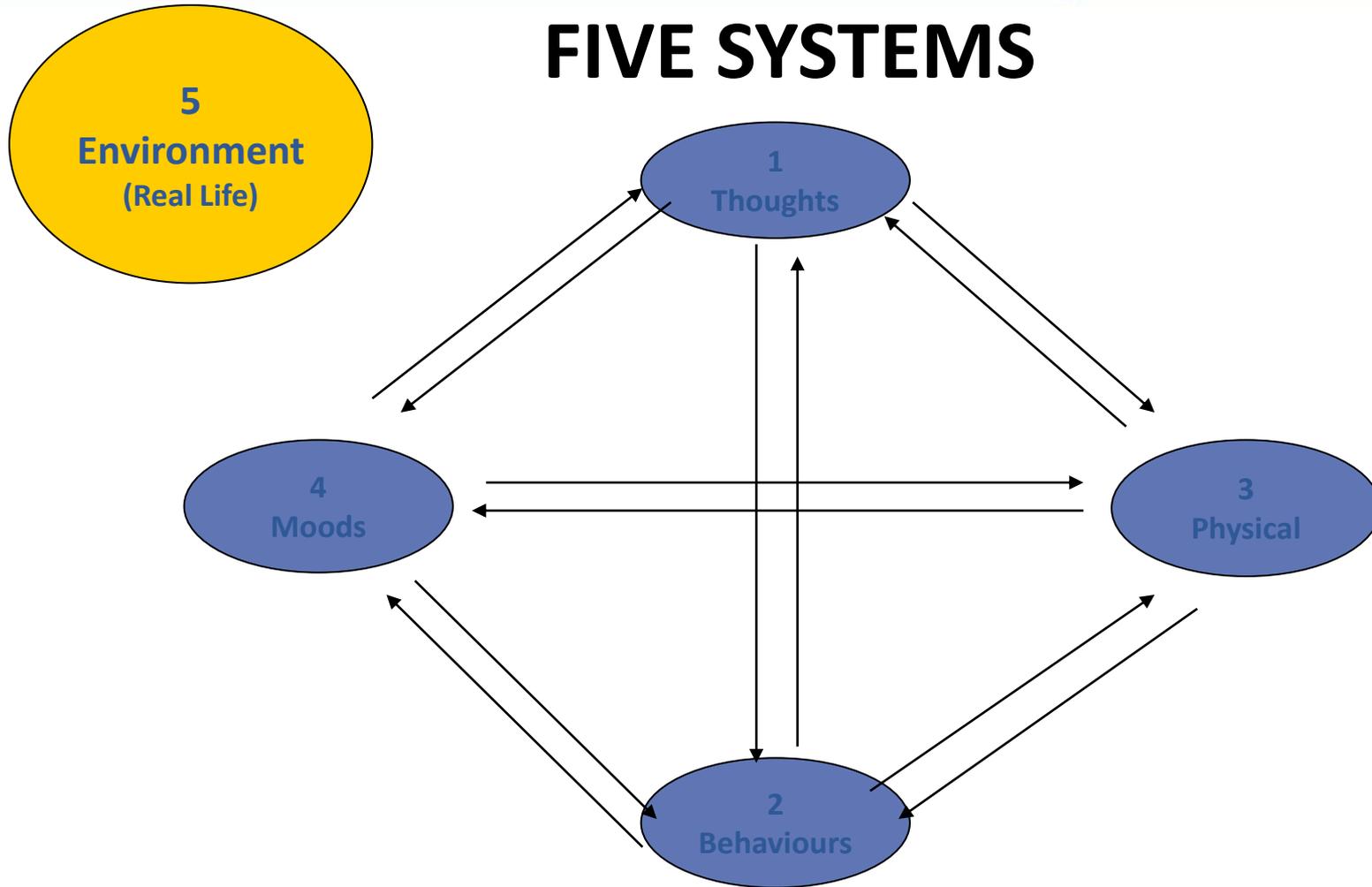
## Phobias

**Why illnesses develop -  
Why absence can/cannot be  
helpful)**

# Stress/Life

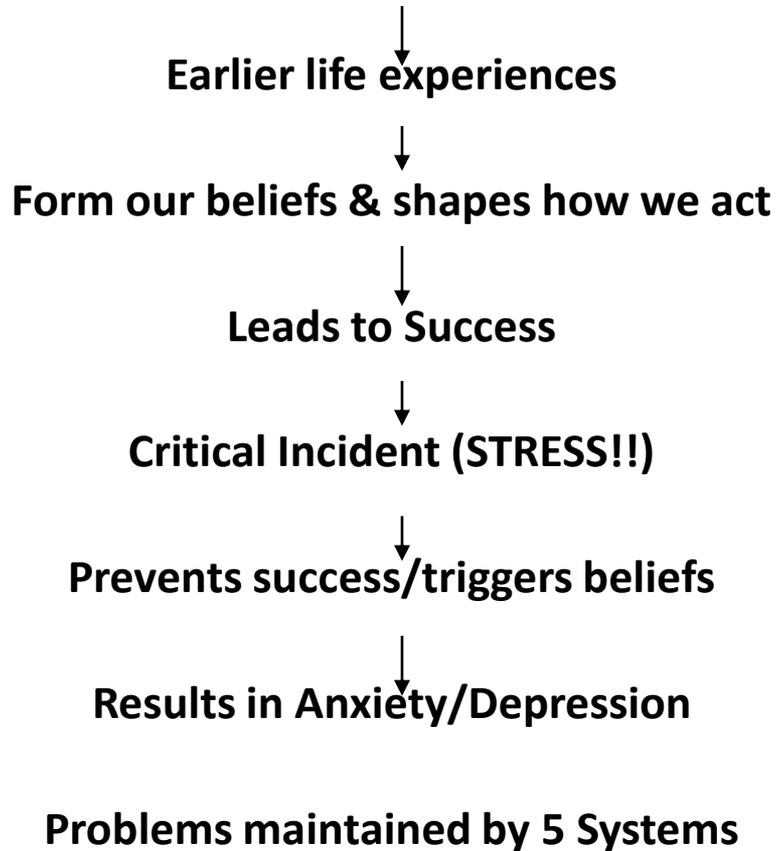
- Changes at work
- Changes to health
- Changes to wealth
- Changes to relationships
- Loss
- Increase in pressure/reduction in ability to cope with pressure
- Personality

# FIVE SYSTEMS

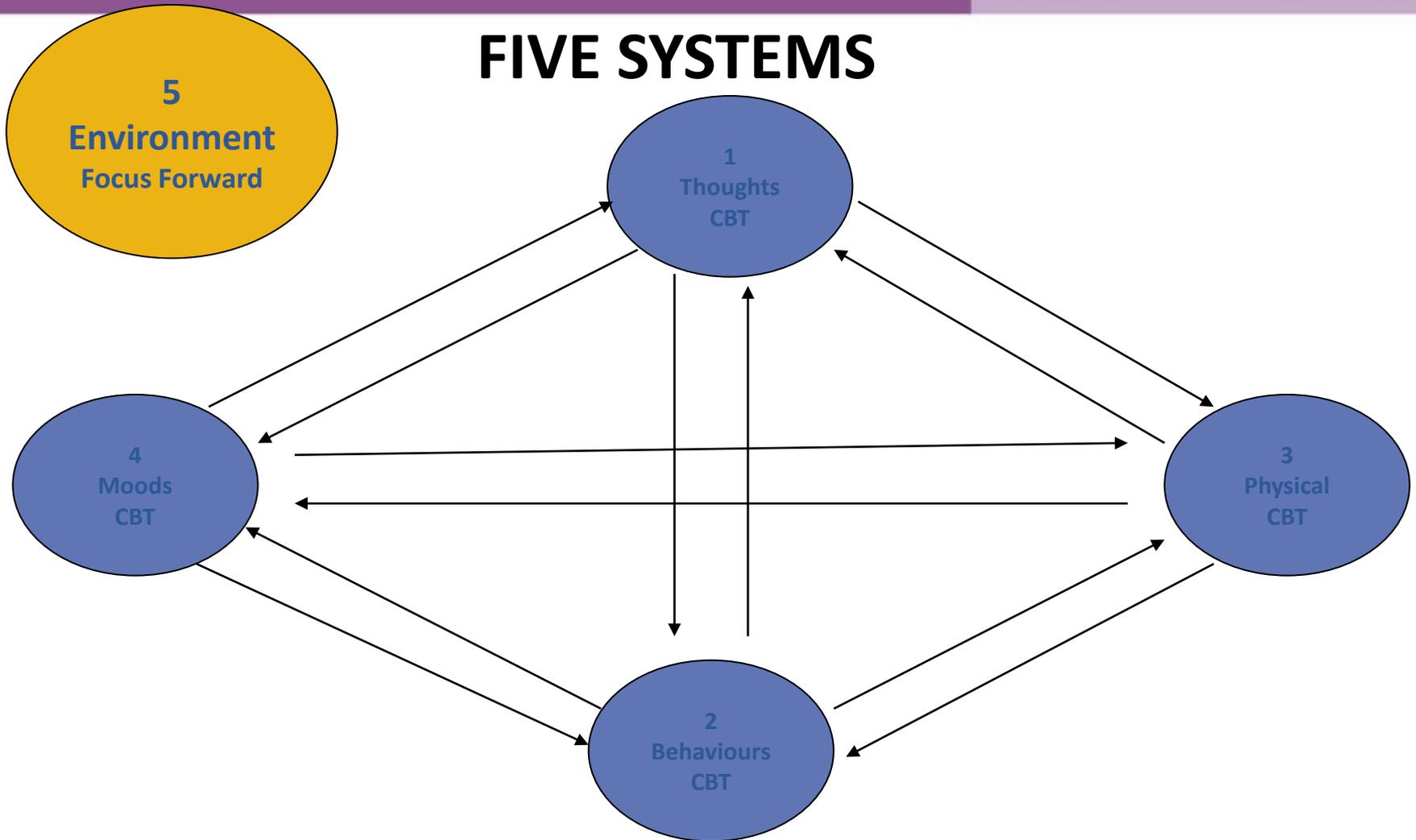


## CBT Formulation

## WHY ILLNESSES DEVELOP

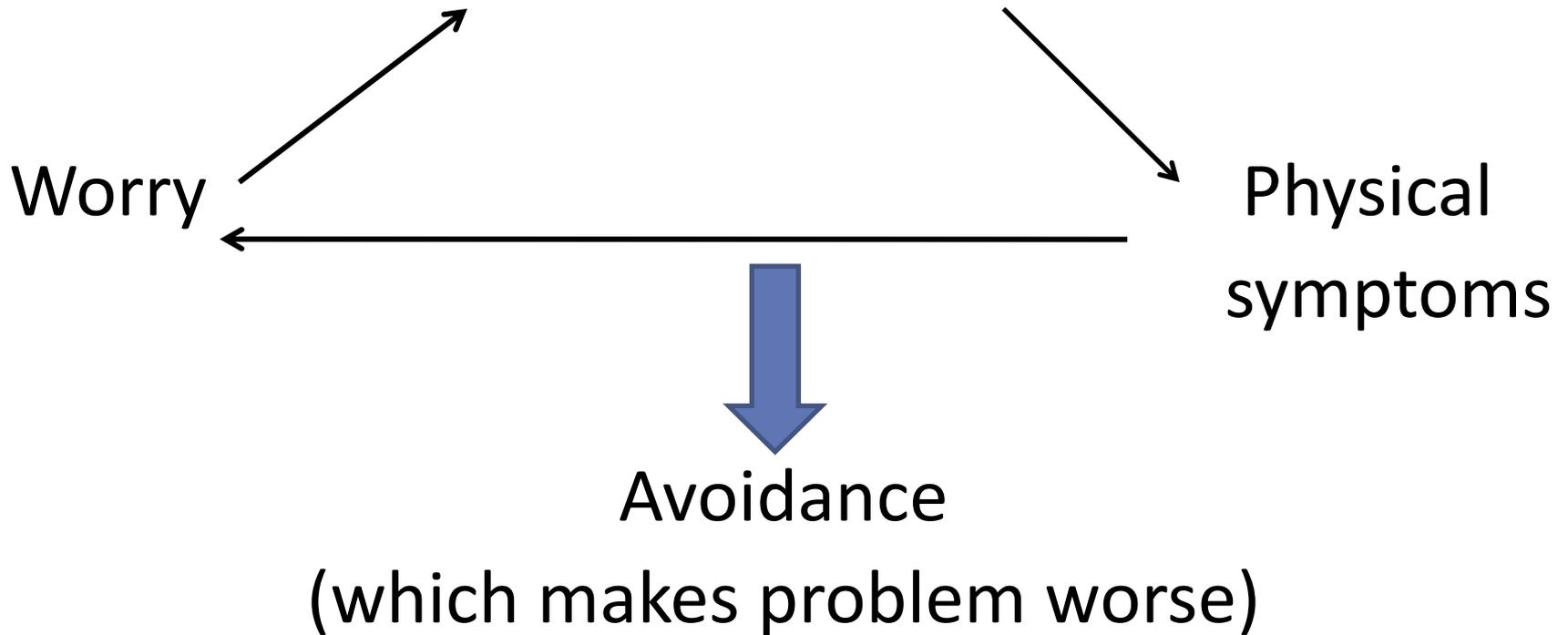


# FIVE SYSTEMS



# Stress (Pressure)

Anxiety response



# Typical treatment interventions

- **Activity scheduling / Graded exposure**
- **Applied relaxation & diaphragmatic breathing**
- **Cognitive restructuring (Socratic questioning)**
- **Behavioural experiments**
- **Evidence gathering (diaries & questionnaires)**
- **Mindfulness & EMDR (Third wave CBT)**
- **Psychometric measures**

# SUCCESSFUL OUTCOME

- **Prevention of sickness absence**
- **Full or Partial Return to Duties**
- **Full or Partial Return to New Duties**
- **Improve Quality of Life**
- **Mitigate Litigation**

# CASE STUDY – ‘Jane’ #1

42 – Married - Middle management - IT industry - Very successful

Restructuring – Increased targets – More time at work  
– Problems at home

Poor performance – GP signed off anxiety & depression - 3 months on sick before referral

# CASE STUDY – ‘Jane’ #2

## Assessment

Referred - Assessed – Confirmed Moderate to severe Depression/Anxiety

## Treatment

Establish Therapeutic Alliance – Stabilise - Improve Mood & Decrease Anxiety via Activity scheduling – Exposure – Cognitive restructuring

## Return to work (RP)

Build confidence - Transfer therapy Into workplace - Monitor

## Discharge

Discharge - Total number of treatment sessions 14

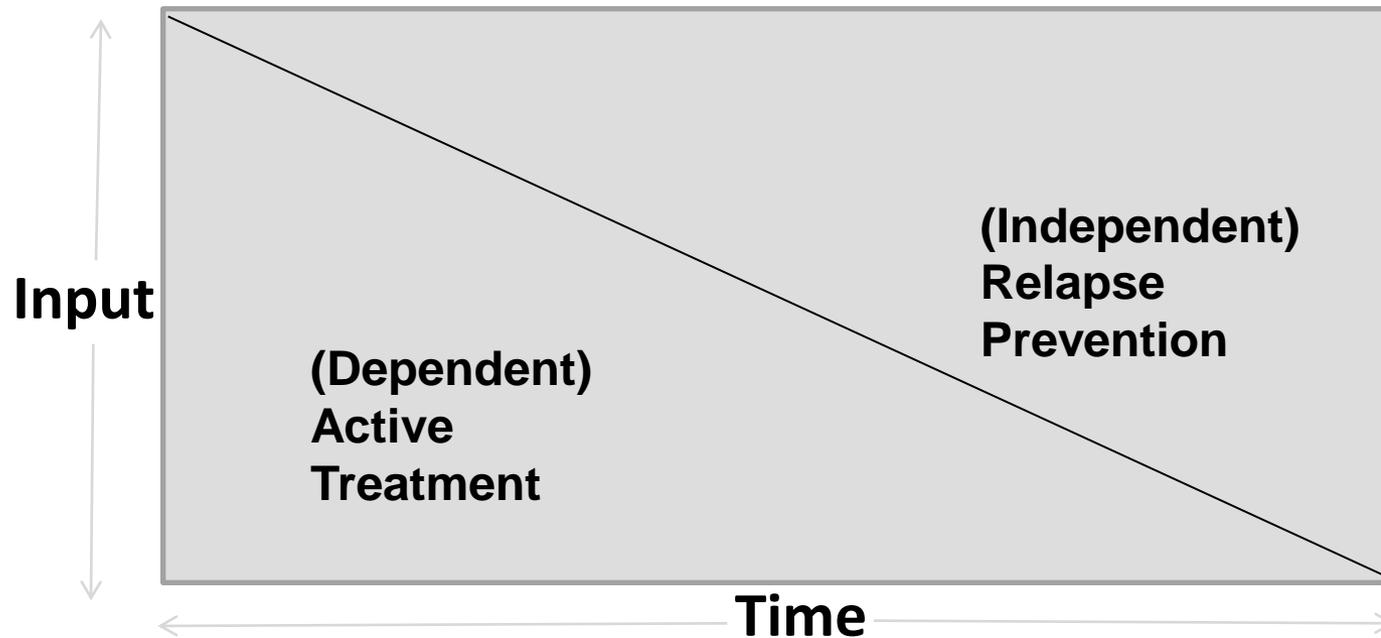
# Relapse Prevention

- Is CBT better than medication alone at keeping patients well?
- Some evidence exists to suggest this e.g. Paykel (Paykel et al (2005) *Psychol Med* 35: 59-68)
- At the coalface = yes (less revolving door)
- Also, people do not like taking long term meds ([Churchill 2000](#); [Riedel-Heller 2005](#)).

# Relapse Prevention

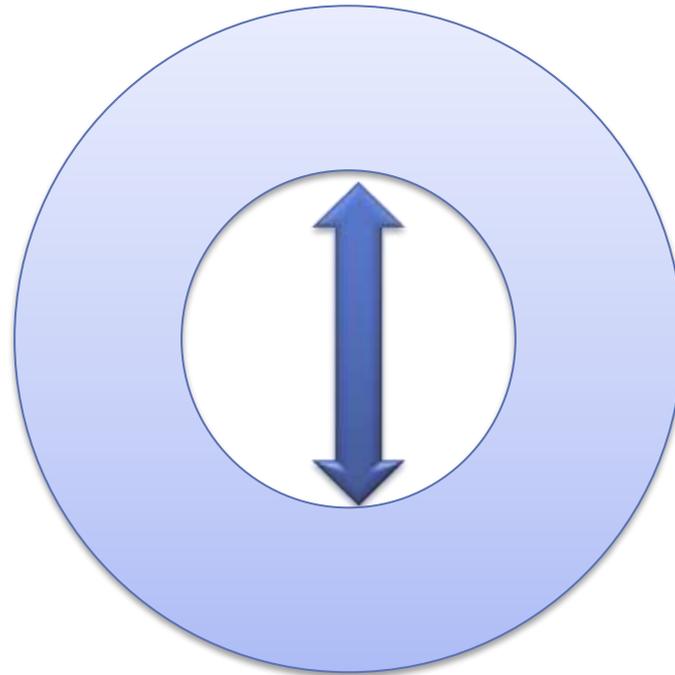
- Relapse Prevention plan
- Staggered sessions (dependence)
- Liaison & communication

# CBT Objective



# Comprehensive CBT

Active  
Treatment



Relapse  
Prevention

# Not all CBT is the same #1

- Treatment model (NHS) (4 systems)
- Rehabilitation model (5 systems)

# Not all CBT is the same #2

- Training and accreditation (IAPT model)
- Regulation (poorly regulated)

# Summary

- Problem focused & Goal directed
- Evidence based
- Five Systems
- Relapse Prevention element
- Not all CBT is the same (CBT limitations)



CBT SERVICES

# Thank you

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