

## Practitioner Health and Think CBT

Practitioner Health work with Think CBT to provide high quality Cognitive Behavioural Therapy to NHS frontline staff experiencing stress, anxiety or problems with depression. All appointments are provided by fully qualified and professionally accredited CBT specialists and the service is delivered on a not-for-profit basis for NHS employees.

The following steps outline how this service works:

- Cognitive Behavioural Therapy Referrals to Think CBT are made by your Lead Clinician following a clinical assessment and a discussion about the different treatment options.
- Your case is allocated to a psychologist or psychotherapist within the Think CBT team who will contact you by phone to book your initial CBT appointment.
- Appointments will normally be provided on a Monday-Friday 08:00-18:00 basis and will initially involve eight sessions of focused Cognitive Behavioural Therapy.
- You will receive a written confirmation of your appointment and a complementary copy of the Think CBT 90-page Cognitive Behavioural Therapy workbook which you may retain for your personal use only.
- You will be asked to complete initial pre-assessment measures by the Think CBT team, and this should normally take approximately 15 minutes. Completing these measures will provide important information for your therapist and save time in the first appointment.
- Whilst undertaking CBT, your Lead Clinician will continue to be responsible for the clinical supervision of your treatment and your sessions will be conducted on a confidential basis.
- At the end of therapy, you will be asked to repeat your baseline measures to help track progress and identify any further treatment requirements.
- A brief post-treatment report will be sent to your Lead Clinician confirming your progress against therapy goals, clinical outcomes and any further recommendations. Your therapist will discuss this with you before completing the discharge report.

All personal data is managed in strict accordance with GDPR and data protection legislation. If you require further treatment beyond the eight pre-authorized CBT sessions, you should discuss this with your therapist who may apply for a further four sessions at the discretion of the Practitioner Health team.

If you have any questions or concerns about this service or your therapy, you can email [admin@thinkcbt.com](mailto:admin@thinkcbt.com) in the first instance. You may also discuss progress with your Lead Clinician.

We hope that you find this service therapeutically helpful and simple to use.