

HOPE THERAPY &amp; COUNSELLING SERVICES

# Cognitive Behavioural Therapy

*CBT*

*Changing the patterns that keep you stuck.*

A structured, evidence-based talking therapy focused on the connection between your thoughts, feelings and behaviours — helping you build practical skills that last long after therapy ends. Available online across the UK and face-to-face across England.

**NICE RECOMMENDED****EVIDENCE-BASED****ONLINE & IN-PERSON****FREE 15-MIN CONSULTATION**

## ABOUT CBT

## What is Cognitive Behavioural Therapy?

*"If you've been caught in patterns of thinking that feel impossible to shift — replaying the worst-case scenario, second-guessing yourself, or avoiding things that used to feel manageable — CBT is designed to work with exactly that."*

Cognitive Behavioural Therapy is a structured, evidence-based talking therapy. It focuses on the connection between your thoughts, feelings and behaviours — and helps you develop practical ways of responding to difficult situations differently.

Unlike some approaches that focus primarily on the past, CBT works with what's happening in your life right now. It's collaborative, practical, and grounded in research. The National Institute for Health and Care Excellence (NICE) recommends CBT for a wide range of conditions, including anxiety disorders, depression, PTSD and OCD.

What makes CBT distinctive is that you won't just talk about your difficulties — you'll work actively with your therapist to understand them and build skills you can use between sessions and long after therapy ends. **CBT is not about forcing yourself to "think positively."** It's about building a clearer, more balanced perspective that helps you respond to life's challenges with greater flexibility.

### What happens in CBT sessions?

Your therapist works alongside you to identify the specific thought patterns and behaviours connected to what you're experiencing. Together, you look at how these patterns affect your mood and daily life — and explore alternative ways of thinking and responding. Sessions typically involve conversation, structured exercises, and practical techniques you can try between appointments.

**Professional registration:** Our CBT therapists hold recognised qualifications and are registered with professional bodies including BACP, BABCP and NCPS. Several hold advanced CBT qualifications including diplomas and master's degrees. Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers our counselling and psychotherapy services. Sessions are confidential; there are limited exceptions your therapist will explain clearly at the outset.

FINDING THE RIGHT FIT

# Is CBT the right approach — or would something else suit you better?

CBT tends to suit people who appreciate a structured, practical approach and want to work on specific skills and strategies. The fit guide below is a starting point — the free consultation is the right place to explore this honestly.

### CBT MAY BE A GOOD FIT IF...

- You want practical tools you can start using between sessions
- You prefer a structured approach with clear goals
- You're dealing with patterns of anxious, intrusive or repetitive thinking
- You want to understand the connection between thoughts and feelings
- You're looking for an approach backed by strong research evidence
- You want to address a specific presenting issue like OCD, phobias, or health anxiety

### ANOTHER APPROACH MAY SUIT BETTER IF...

- You want to explore relationships, emotions, or early experiences in greater depth (counselling may be a better fit)
- You want to change your relationship with thoughts rather than challenge them (ACT may be more appropriate)
- You are processing a specific trauma or traumatic memory (EMDR may be more suitable)
- Some people benefit from CBT combined with another approach — this is worth exploring

*We will not recommend a service unless we genuinely think it fits your situation. The free consultation is the right place to explore this.*

WHAT CBT CAN HELP WITH

## Conditions where CBT is well-evidenced

CBT has a strong evidence base across a wide range of presentations. These are some of the most common — if yours isn't listed, a free consultation is the right place to find out whether CBT could help.

- |                  |                   |                                   |
|------------------|-------------------|-----------------------------------|
| ● Anxiety        | ● Depression      | ● OCD                             |
| ● Trauma & PTSD  | ● Phobias         | ● Stress                          |
| ● Anger          | ● Low Self-Esteem | ● Insomnia & Sleep Difficulties   |
| ● Health Anxiety | ● Panic Attacks   | ● Perfectionism & Procrastination |

UNDERSTANDING THE DIFFERENCE

# How CBT compares to other approaches

CBT, counselling, ACT, and EMDR all have strong evidence bases — but they work in different ways and suit different situations. This table is a guide to help you think about what might fit.

Area	CBT	Counselling	ACT
<b>Primary focus</b>	Thoughts, feelings & behaviours — now	Exploring past & present experiences	Relationship with thoughts; values-based action
<b>Structure</b>	Structured, goal-oriented, skills-based	More open, exploratory, relationship-focused	Structured but values-led rather than problem-focused
<b>Approach to thoughts</b>	Identify and challenge unhelpful patterns	Explore and process thoughts and feelings	Observe thoughts without being caught up in them
<b>Best suited when...</b>	Specific patterns or conditions to address; practical tools wanted	Understanding self and experiences matters most	Stuck despite understanding; avoidance is central
<b>NICE recommended</b>	Yes — anxiety, depression, OCD, PTSD and more	Yes — depression, mild-moderate anxiety	Growing evidence base; recommended for some conditions
<b>Typical sessions</b>	6-16 sessions, weekly	Open-ended or time-limited	8-12 sessions, weekly
<b>Fees from</b>	£65 per session	£65 per session	£65 per session

*Many therapists draw on more than one approach — including Mindfulness-Based CBT (MBCT), which combines CBT with mindfulness practice. Your therapist will discuss what fits your situation.*

OUR CBT THERAPISTS

## Qualified CBT therapists, carefully matched to you

Our team includes therapists with specific CBT training and accreditation, including BABCP-accredited practitioners with experience in both NHS and private practice settings. With 90+ qualified practitioners across England, we match you with the therapist whose training, experience, and style fit what you need.

**Your welfare first**  
 We will always tell you honestly if a different approach would serve you better — including combining CBT with another method or referring you elsewhere.

**Honest about outcomes**  
 CBT can offer a space to understand patterns and build skills — but progress looks different for everyone. We do not promise specific results.

**Transparent fees**  
 From £65 per session. All fees confirmed before you commit. Reduced rates may be available — ask during your consultation.

THE PROCESS

# What happens in CBT – from first session to last

Starting any kind of therapy can feel uncertain. It helps to know what to expect. CBT is collaborative, practical, and led by you throughout.

## 1 Your first session

A chance for you and your therapist to get to know each other. You'll talk about what's brought you to therapy, what you'd like to change, and begin to explore the patterns involved. There is no pressure to share more than you're comfortable with. Confidentiality and its limited exceptions are discussed at the outset.

## 2 Ongoing sessions

You and your therapist work together to identify specific thought patterns and behaviours connected to your difficulties. Sessions involve conversation, structured exercises, and practical techniques – including thought records, behavioural experiments, and relaxation strategies. You'll have things to try between sessions; the skills you build are yours to keep.

## 3 How long does CBT take?

This depends on what you're working through. Many people find that 6-16 sessions make a meaningful difference, though some prefer to continue for longer. Your therapist will discuss this with you openly, and there is no fixed commitment – you can review as you go and end or pause at any point.

### Personalised to you

No fixed programme. Your therapist adapts the approach to your specific patterns, goals, and pace.

### Skills you keep

CBT is practical. The tools you develop belong to you – useful in sessions and long after therapy ends.

### Confidential

Sessions are confidential. There are limited exceptions – for example, where there is a serious risk of harm – and your therapist explains these clearly at the start.

### Flexible format

50-minute sessions, daytime, evening and limited weekend availability. Online via secure video platform, UK-wide. Face-to-face across England where available.

## WHAT OUR CLIENTS SAY

## Client experiences

“

*I'd tried to manage my anxiety on my own for years. CBT gave me actual tools I could use — not just in sessions, but in everyday life. I feel like I understand myself so much better now.*

**CBT CLIENT — ANXIETY**

“

*I was sceptical at first, but my therapist made it feel comfortable from the very first session. The practical approach really suited me — I could see things changing week by week.*

**CBT CLIENT — LOW MOOD**

“

*Being matched with the right therapist made all the difference. The CBT techniques I've learnt have helped me manage my intrusive thoughts in a way I didn't think was possible.*

**CBT CLIENT — OCD**

“

*I appreciated that it wasn't about positive thinking — it was about understanding why I kept getting stuck and building a genuinely different way of responding. That felt honest and real.*

**CBT CLIENT — STRESS & PERFECTIONISM**

*Client experiences are individual. Results vary between people.*

## COMMON QUESTIONS

## Frequently asked questions

**How many CBT sessions will I need?**

This depends on what you're working through. Many people find that 6–16 sessions make a meaningful difference, though some prefer to continue for longer. Your therapist will discuss this openly — there is no fixed commitment and you can review as you go.

**Is CBT available online?**

Yes. All our CBT therapists offer sessions via secure video platform, UK-wide. Research consistently shows that online CBT can be just as effective as face-to-face sessions for most people.

**Is CBT right for me, or would counselling or another approach be better?**

CBT tends to suit people who want a structured, practical approach. If you'd rather explore relationships or past experiences in depth, counselling may be a better fit. If understanding your patterns hasn't been enough to change them, ACT is worth exploring. We will not recommend a service unless we genuinely think it fits — the free consultation is the right place to work this out.

**Is everything I say confidential?**

Yes. Sessions are confidential in line with professional ethical standards. There are limited circumstances where this may need to change — for example, if there is a serious risk of harm to you or others, or where there is a legal obligation to disclose. Your therapist will explain these clearly before you begin.

**What if CBT isn't right for me?**

That's fine — and it's something we can explore together. Our team offers counselling, EMDR, ACT, mindfulness, and other approaches. If CBT isn't the right fit, we'll help you find what is. You don't need to know in advance which approach suits you.

## TAKING THE FIRST STEP

# What happens when you get in touch

Starting therapy can feel like a big step. Here is what the process actually looks like — nothing complicated, and no commitment until you're ready.

## 1 Book your free 15-minute consultation

A relaxed conversation with a member of our team. We listen to what's going on, answer your questions, and explore whether CBT — or a different approach — is most likely to be useful. No pressure, no obligation. Many people tell us the call itself gave them clarity, even before they decided whether to proceed.

## 2 We match you with a therapist

Based on what you've shared — your situation, availability, and any preferences — we match you with a therapist whose CBT experience, approach, and style fit what you need. With 90+ qualified practitioners across England, we have the range to find a genuinely good fit. If the first match doesn't feel right, we'll find someone who does at no extra cost.

## 3 Begin your sessions

Sessions are online via secure video platform or face-to-face where available. Daytime, evening and limited weekend slots available. Your therapist works at your pace — there is no rush and no fixed number of sessions you must commit to.

## When you feel ready, we're here.

A free, no-obligation 15-minute conversation — a chance to ask questions and explore whether CBT can help, with no commitment to proceed.

**Book:** [calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04) · **Call:** 07379 538411 · **Email:** [contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

**Please note:** Our service is not a crisis or emergency service. We are not able to provide support for active self-harm or suicidal ideation. If you are in crisis, please contact the services below.

**999** — Emergency services · **Samaritans: 116 123** — Free, 24/7 · **SHOUT: text 85258** — Crisis text, 24/7

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# *Understanding your patterns is the beginning of changing them.*

Hope Therapy & Counselling Services offers CBT, counselling, EMDR, ACT, hypnotherapy, mindfulness, coaching, and more — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners is here to find the right match for you.

#### TELEPHONE

07379 538411

#### EMAIL

[contact@hopefulminds.co.uk](mailto:contact@hopefulminds.co.uk)

#### WEBSITE

[www.hopefulminds.co.uk](http://www.hopefulminds.co.uk)

#### FREE CONSULTATION

[calendly.com/hopetherapy/15-minute-consultation?month=2026-04](https://calendly.com/hopetherapy/15-minute-consultation?month=2026-04)

#### ALSO FROM US

**The Talk Room Podcast** — honest conversations about mental health, relationships, and everyday wellbeing from the Hope Therapy team. Search **The Talk Room** on Spotify and YouTube, or find it at [hopefulminds.co.uk](http://hopefulminds.co.uk).

Hope Therapy & Counselling Services is an Organisational Member of the NCPS, which covers our counselling and psychotherapy services. CBT is delivered by practitioners individually registered with the BACP, NCPS, and/or BABCP as appropriate. Several hold advanced CBT qualifications. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes.