



## Talking Therapies- Talking Health

### About us

We are a free NHS service that offers help and support to people in Berkshire suffering with depression or anxiety based problems and /or are adjusting to live with a physical health problem. Our team is made up of Therapists, Counsellors, Health Coaches and an administrative support team.

### Treatment Choices explained

Talking Therapies has a few treatment choices or options available to offer you. We deliver NICE guidance recommended treatments. To help you choose the right level of support and a choice of evidence based therapy, we will discuss the following options at your assessment:

- Cognitive Behavioural Therapy (CBT)
- Counselling for Depression (CfD)
- Interpersonal Psychotherapy for Depression (IPT)
- Dynamic Interpersonal Therapy (DIT)
- Behavioural Couple Therapy for depression (CTfD)

We also offer Stress Less Workshops and employment support and signposting to community support services

#### What is Cognitive Behavioural Therapy (CBT)?

Talking Therapies use cognitive behavioural therapy (CBT) to help you manage stress and treat anxiety, phobias and depression. CBT is a talking therapy that can help problems by changing the way you think, behave and feel. Unlike other talking therapies CBT is about tackling your current problems and doesn't look back to the past. It focuses on practical ways you can improve your state of mind and aims to break down factors that are making you feel bad.

#### What is Counselling for Depression (CfD)?

CfD is a particular type of counselling that has been developed for people suffering with low mood, adjustment and depression

#### What is Interpersonal Psychotherapy for Depression (IPT)?

IPT is time-limited and structured therapy. Its central idea is that psychological symptoms, such as depressed mood, can be understood as a response to current difficulties in relationships and affect the quality of those relationships.



### **What is Dynamic Interpersonal Therapy (DIT)**

Dynamic Interpersonal Therapy is developed for treating depression. It can help people with emotional problems. It explores difficult things in the past that continue to affect the way people feel and behave in the present. It is also referred to as psychoanalytic psychotherapy.

### **What is Couples Therapy for Depression (CTfD)?**

Couple therapy can help people with their relationship and emotional difficulties that sometimes flow from problems between partners. (Your therapist would recommend this if needed).

## **Choice of Treatment Methods To Get You Started (Low Intensity Treatment)**

### **•Online CBT via the internet with therapist support**

SilverCloud is an exciting new online programme that is designed to help you learn techniques to overcome symptoms of low mood and anxiety at your own pace that we will support you with.

### **• CBT Guided Self-Help with regular telephone support**

CBT Guided Self Help is delivered by our team of Practitioners. After an initial face to face appointment, the practitioner will provide you with some workbooks that teach skills and techniques to improve your mood. Regular calls from the practitioner will allow you to discuss what you've been learning, help you set goals and keep track of your progress. We have found this approach to be very effective in helping people to manage a variety of difficulties including low mood, lack of motivation, anxiety, panic and stress.

### **•Wellbeing Courses and Living Well courses – face to face at GP surgeries and community venues**

Both the Wellbeing & Living Well courses offer a group learning environment where you will be taught how to use different skills and techniques for self-care and self-management. We encourage everyone to participate to some degree (but this is not essential). There can be up to 15 people in each session but it is not group therapy. One of the main features of self-help is that we teach and discuss techniques and strategies during the courses and then you practice these in your own time.

### **• Stress Less Workshops in community venues**

Stress Less Workshops are a four session weekly evening class. This course is delivered to groups of people who want to learn how to manage stress and associated problems such as anxiety, depression, low self-confidence, poor sleep and panic attacks. Stress Less is a workshop not group therapy. The trainer will stand at the front and teach about stress and how to tackle it. Each week you will pick up new skills, go away and work on them, until after four weeks you'll be much better prepared to tackle stress. Please note: Stress Less workshops are open to anyone; some people like to bring a friend or family member for support.



## **Further Treatment and Support (High Intensity Treatment)**

The full range of NICE recommended therapies are available for face to face, online or telephone should you need a higher intense treatment. These choices will be discussed with you depending on your level of need and personal preference.