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## COGNITIVE BEHAVIOURAL THERAPY (CBT)

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Cognitive Behavioural Therapy (CBT) is a practical, evidence-based talking therapy that helps make sense of what's happening right now and, more importantly, what to do about it. At its core, CBT looks at the link between our thoughts, feelings (emotional and physical) and behaviours. When anxiety, low mood, OCD or stress take over, young people often get stuck in unhelpful cycles. CBT helps us gently spot those patterns and learn how to shift them. It isn't about blaming. It's about helping your child feel more in control again and moving towards their personal goals.

### Why CBT?

CBT is recommended by the National Institute for Health and Care Excellence (NICE) here in the UK and widely used across the NHS to support young people with their mental health. I've worked in both education, charity and NHS settings, and I bring that experience into my private practice – with more flexibility, warmth and time to tailor the support to your family.

### What Therapy Looks Like

We begin with 1-2 assessment sessions (depending on age and need). This is space to understand what's going on, what feels hardest, and what you want to be different. If CBT feels like the right fit, we agree a clear plan together.

Most young people attend weekly sessions. I work in 6-session blocks, and many clients have around 12-20 sessions in total (sometimes fewer, sometimes more depending on complexity). Sessions are 50-60 minutes and delivered online via Zoom.

In CBT, we don't just talk - we practise! Young people learn skills to manage anxiety, lift mood, improve emotional regulation, build confidence and move towards the life they want and becoming the people they want to be. There are usually small, home tasks to do between sessions to help keep the progress going outside of sessions. This is where real change happens.

### Neurodivergent Affirming CBT

I have extensive experience supporting neurodivergent young people. I understand the difference between the signs of their neurodiversity and the symptoms of mental health difficulties and will always work with this in mind. I will never mistake heavy masking for being 'high functioning' or push them to change the essence of themselves to 'fit in' to societal expectations. Therapy is adapted to your child's communication style, processing needs and strengths. Clear. Structured. No unnecessary jargon.

### Supporting Parents

I work alongside you, offering practical guidance so you know what to do, and what not to do, at home. Together, we can also think about communication with school or your GP where needed. The level of parental involvement will be based on need but also desire of the young person. My work is always young person-centred. Their goals, voice and pace come first.

### Fees

#### **Cognitive Behavioural Therapy: £70 per session**

*(Sliding scale available for families receiving free school meals or Universal Credit. Please mention at assessment)*

**If you're unsure whether CBT is right for your child, we can talk it through. You don't have to figure this out alone. Email [jdtherapeuticservices@gmail.com](mailto:jdtherapeuticservices@gmail.com) to discuss.**