



Marie Church

COGNITIVE BEHAVIOURAL SERVICES

C O U N S E L L I N G , C B T & P S Y C H O T H E R A P Y S E R V I C E

“The hummingbird symbolises strength, stamina and flexibility and despite it being the smallest bird in the world, it is known to have a spirit of energy and determination. Taking the richest nourishment from the enjoyment of life and lightness of being.”

Our affinity with the hummingbird is in our uniqueness, like the hummingbird, we are different, adaptable, resilient and we pay attention to detail. The hummingbird teaches us to overcome obstacles as we do, guiding our clients to make positive life choices.

We provide a range of psychological services for common emotional problems such as anxiety, stress and depression and more complex problems such as OCD, Trauma, and Phobias. For problematic relationships we provide relationship counselling, conflict resolution and mediation. We offer individual behavioural therapies, relationship therapies, group therapy and clinical supervision for counselling practitioners. We also offer therapy for workplace problems and management training to help businesses understand common emotional problems in the workplace.



No one is immune to emotional problems, we are all vulnerable and 1 in 4 of us will suffer from stress, anxiety or depression at some time in our lives. This is why we provide a full range of professional counselling, coaching, training and development services from our facilities in Richmond North Yorkshire.

OUR SERVICES INCLUDE:

- Individual counselling and psychotherapy
- Working with teenagers
- Working with couples and groups
- Personal coaching (life coaching, career coaching, performance coaching)
- Corporate coaching, team building assistance, mediation, resilience training, emotional intelligence coaching.
- Personal development training courses and workshops, including mindfulness for groups and individuals.

We offer a remote service which includes telephone or video call through TEAMS and other platforms.

We also provide insured services through BUPA, AXA PP and AVIVA

Contact the office on **(07488) 302282** for further details about fees, appointments and payment or email your enquiry to: enquiries@mariechurchcbt.co.uk

HOW TO GET STARTED

If you would like to discuss your emotional problem, feel free to give us a call or email us to arrange an initial assessment. During the initial assessment, Marie will try to help you understand your problem and discuss with you what approach might help you. Marie will tell you how many sessions you might require.

All our sessions last for an hour and we will try to be flexible and fit around your commitments. If you can't attend all your sessions face to face, Marie can offer Skype or telephone consultations as an alternative.



ABOUT MARIE

Marie is a registered general nurse and has a degree in occupational health, with 40 years' experience in occupational health across several sectors including rail, banking, Police, Home Office, Ministry of Defence, manufacturing, local authority, charities, housing associations, and retail. Which has given her a wealth of experience in the challenges, limitations, and possibilities in getting people back to work. Marie is a consultant Cognitive Behavioural Psychotherapist (CBT), with 18 years' experience treating people using CBT, she trained at Goldsmith's University, London, and was awarded an MSc in CBT in 2006. Marie attended training in New York under the direction of Albert Ellis, founder of Rational Emotive Behaviour Therapy and gained an Associate Fellowship with the Albert Ellis Institute in 2009. Marie's special interest is in psychological trauma. She is a member of the European Society for Traumatic Stress Studies and is studying for the general certificate in psychotraumatology. She works with victims of trauma and through her work with the military, counter intelligence, Police and Help for Heroes she has developed an understanding of the complexities of the injured in these cultures. She is skilled at assessing and evaluating the biopsychosocial influences of physical and mental traumatic injury and addressing legal and ethical issues relating to rehabilitation, disability, and employability. She was trained in the Princess Marys Royal Airforce Nursing Service (PMRAFNS) and was one of the first qualified nurses to be appointed to occupational health to carry out fitness testing for Air and Ground Crew. Marie holds the Queens Nurse Institute (QNI) award for long service. More recently, Marie has been accepted as a member of the Expert Witness Institute.

INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

What are behavioural therapies?

Behavioural therapies are based on the way you think (cognitive) and/or the way you behave. These therapies recognise that it is possible to change, or recondition, our thoughts or behaviour to overcome specific problems. Our range of behavioural therapies include;

Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (or ACT) is a form of behavioural analysis that uses acceptance and mindfulness strategies to help increase psychological flexibility. While the therapy isn't considered a long-term treatment, it is considered helpful in the treatment of depression, anxiety and other psychological disorders.

Behavioural Therapy

Behavioural Therapy focuses on an individual's learnt, or conditioned, behaviour and how this can be changed. The approach assumes that if a behaviour can be learnt, then it can be unlearned (or reconditioned) so is useful for dealing with issues such as phobias or addictions.

Cognitive Analytic Therapy (CAT)

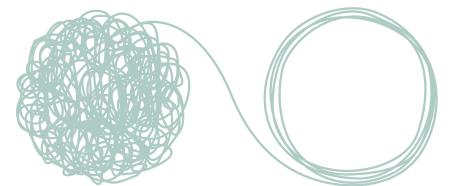
Cognitive Analytic Therapy brings together ideas from both cognitive therapy and analytic psychology into one integrative model. By looking at past experience, the therapy aims to help clients understand why they think or behave in a certain way, before looking to develop new ways of coping.

Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) combines cognitive and behavioural therapies. The approach focuses on thoughts, emotions, physical feelings and actions, and teaches clients how each one can have an effect on the other. CBT is useful for dealing with a number of issues, including depression, anxiety and phobias.

Cognitive Therapy

Cognitive Therapy deals with thoughts and perceptions, and how these can affect feelings and behaviour. By reassessing negative thoughts an individual can learn more flexible, positive ways of thinking, which can ultimately affect their feelings and behaviour towards those thoughts.



YOU & YOUR CURRENT DIFFICULTIES

You have chosen, possibly on the advice of another person such as your GP, to come to me for help. I expect that this means you are at present aware of feeling 'down', 'stressed', or that things are somehow not going right for you. This is a very common experience. Many of us go through times when we think we are not 'coping' as well as we have done in the past. For whatever reason, when people begin to feel they are not coping, this awareness in itself can make them feel worse.

You may have some idea about why you feel the way you do: it might be problems getting along with a new boss at work, a heavier load of work to do, or difficulties in a relationship outside work. Or it might be lots of different things piling up over a period of time. Or perhaps you can't really work out what has happened to make things get worse for you.

What this tells me is that while there are some things that are much the same for most of the people I see — such as the feeling that they are not coping as well as they have in the past — each person also has their own unique circumstances that bring them to see me. This combination of typical and unique experiences is important in how your therapy will proceed. You will find more about this in the next section.

For now, the important message I'd like to give you is that coming for therapy is a big step in coping with your problems. Rather than saying to yourself 'I'm not coping because I need to seek help', you could try saying 'Seeking help is my first big step towards coping with my present problems'. As you read on, you will come to see how looking at both yourself and the world you live in, in a slightly different way can help to build up a more realistic picture, leading you to feeling better and thereby more able to cope with current difficulties.





WHAT IS COGNITIVE BEHAVIOUR THERAPY?

The therapy you will receive is called Cognitive Behaviour Therapy (or CBT). It may be useful for you to know more about what CBT is and how it works so that you can get the most from our meetings. CBT focuses on 2 areas: first, the things you do, and second, the way you think about things. The 'doing' part is concerned with teaching you new skills in the way you do things, while the 'thinking' part is about looking at new ways of thinking about yourself and your world.

As we all know, problems occur every day; we cannot stop them all happening. What is important for you, however, is to be able to try out new ways of doing things or thinking about things so as to be able to solve these problems as they occur. In fact, I often say to people that it's a bit like being a scientist; going out and solving a problem by experimenting with different things until the problem is solved. Even if an experiment doesn't work, then we've learnt something which will help us to look at other possibilities.

HOW DOES CBT TACKLE PARTICULAR PROBLEMS?

Initially, CBT focuses on a single problem you are experiencing. This may not necessarily be the 'worst' or most pressing problem. It is more likely to be a problem which, given the time you and I have together, you have the best chance of achieving success with. Often we feel that 'nothing has gone right' and we begin to lose confidence in ourselves. We all need to know that we can change things and the best way of getting this feeling back is to decide to tackle tasks which have a good chance of bringing success.



WHAT WILL I, AS YOUR THERAPIST, DO DURING OUR CONSULTATIONS?

People have very different ideas about what therapists 'do' during their meetings with clients. For example, you might think the therapist sits back and 'reads your mind'; or you might think it is the therapist's job to 'tell you what to do'. Well, I believe that giving you an idea of what I will do during the sessions will help you to get more from them by being better prepared for what will happen. In general, I play an active part in the session.

One way of looking at the session is to say that it's a bit like developing a 'working partnership' between the 2 of us. This 'partnership' is very important. For example, we will find it necessary to identify and choose tasks for you to carry out between sessions to help you begin to deal with your problem. The important thing to bear in mind here though is that we will be doing this together.

During the course of your sessions, you may notice that I have a particular way of talking about or tackling problems. It is probably helpful to tell you about 2 particular ways in which I will talk with you about your problems. The first way is that I will suggest trying a different method of tackling a particular situation. This is a bit like an 'experiment' — trying something out to see what happens. It may work, which would be fine, or, if it doesn't, it will tell both of us something which will help you devise another way of tackling the problem. It is important to be patient. Learning new skills does not happen overnight.

Just as important as gaining new information and skills is challenging the way you think about things. You will remember earlier in this booklet I pointed out that how you feel often depends on what you are thinking. Let's look at another example. Imagine that you become very anxious about possibly being a few minutes late for a meeting because of the thought that it would be terrible to be late. As this 'thought' leads you to be anxious, then it clearly is not a very helpful way of looking at the situation. In this situation, I might ask you some questions, for example, 'Why would being late be terrible?' You might say that 'People would think I didn't take things seriously if I were late'. I might then ask you whether this, if it were true, would be either (a) unfortunate or (b) the end of the world.

Questioning the way in which you think about things is very important for 2 reasons. First, it can lead to important changes in the way you think, and therefore feel, about things, and second, with practice, it is something you can do yourself; you don't need someone else, like a therapist, to point it out. It is a bit like learning to think about things, and yourself, in a new way. Clearly, there will be a great deal more to our sessions than this, however, these 2 areas probably give you a clearer idea of what to expect from me. Of course, this leads to the next question — what do you do during the sessions?

WHAT HAPPENS DURING OUR SESSIONS/CONSULTATIONS?

Obviously, you will be wondering what you do. Well, the first thing is clearly to present your problem, or problems, to me in a way which makes sense to you. It's a bit like telling the story of those things which have contributed to your feeling the way that you do. However, this does not mean presenting a long and detailed account. It may be that you can highlight the particular things which are of most immediate concern to you. I may well pick up on certain points and want to follow them up in more detail. This is all part of me being 'active' with the aim of the 2 of us working together to solve a particular problem.

Having identified a problem together and agreed on what you want to do about it, you and I will probably question your self-defeating attitudes and beliefs and help you to develop more constructive attitudes. This involves looking for evidence to see whether it supports how you have been thinking about yourself. All this means is that you should try and begin to be more 'objective', observe and collect evidence on some issue so that you and I can 'look at the evidence' the following week. So, as you can see, not only is the therapist quite active, but so are you!

Also we will be discussing how you could practise your new, constructive attitude in your everyday life. This will help you to strengthen the new attitude and weaken the older, more self-defeating belief.



WILL THERAPY HELP YOU?

After reading this far, one question you may still have is '**Will things get better?**'

From my own experience, that of other psychologists and from research that has been carried out, the answer is that most people do improve. As people get better, they often describe themselves as 'being more like they used to be'. However, the speed at which people improve differs significantly.

On the one hand, you might find yourself improving relatively quickly, or on the other hand you might find it takes longer. If this proves to be the case, it is important to be patient. Always try and see the small improvements as these will be the building-blocks for the change which comes later.

Finally, I hope this booklet has been helpful. Please feel free to raise with me any questions about what you've read when we meet.

For appointment enquires email: enquiries@mariechurchcbt.co.uk
or telephone: **(07488) 302282**



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