Cognitive Behavioural Therapy is different from traditional talk therapy. It is based on focusing on your current thought processes and experiences.

It requires your active participation in the counselling process working in a collaborative process with your therapist to practise and develop helpful strategies and techniques.

CBT has shown to be effective at treating a range of issues including depression and anxiety. The methods help you look at the thought being a precursor to your emotion and behaviour. Once you understand your thought process you have the choice to change it, you have the opportunity to look at situations and life differently. You have the choice to think in a more positive, healthy and helpful way.