

The program

Video

Introduction to Therapy (15 mins)

Module 1

Problem definition / Pleasurable events

Cognitive Components

Behavioural Components

Module 2

Automatic thoughts



Client chooses Activity Scheduling or Problem Solving according to specific problem

Module 3

Thinking errors & distractions



Module 4

Challenging unhelpful thinking



Client is introduced to remaining techniques

Module 5

Core beliefs



Module 6

Attributional style



Client chooses technique according to specific problem:

Module 7

Attributional style (continued)



- Graded Exposure
- Task Breakdown
- Sleep Management

Module 8

Action planning and conclusion

Testimonials

"Prior to using Beating the Blues, I wouldn't allow myself heating or lighting or buy myself anything or do anything at all. I was a total recluse. I wouldn't let anybody or anything into my life, whereas now I'm going out and actively trying to take part in the world which is scary when you haven't been in it for so long."

"It's given me confidence to actually manage my own feelings, I think and it explains why you feel the way you do and it helps you to understand where these feelings are coming from."

"This has helped to increase my understanding but it's the behavioural changes that have been most helpful and definitely had an effect on all areas of my life."

"No you don't have to be a computer whizz to actually use it, it's quite easy."

"Try it, just try it, you've nothing to lose, absolutely."

"Definitely give it a go; I think it's been really useful."

Patient opinions of the treatment via a simple questionnaire:

- 89% rated Beating the Blues helpful
- 83% rated Beating the Blues as good as or better than previous treatment
- 77% agreed with the statement 'I would recommend to others'

A Self Help Computer Programme

- Now available via the internet
- 8 x 50 minute sessions
- Track your own progress
- Progress at your own pace
- Work on problems that are specific to you
- Identify your own realistic treatment goals
- Learn from the experiences of others

Feeling down... unable to cope?



beatingtheblues[®]
cognitive behavioural therapy

Helping you to **get better & stay better**

1-800-505-4929
www.efap.ca

The symptoms

The symptoms of anxiety and depression vary from person to person. Often symptoms occur with thoughts or images of being out of control, overwhelmed, embarrassed, in danger or unable to cope.

Feeling anxious

Different words are used to describe these symptoms like anxiety, stress, nerves, wound up and panic. When some people get anxious they get headaches, pounding heart, tense muscles, breathlessness or physical symptoms. Others feel generally wound up, agitated or irritable.

Feeling depressed

When you are depressed you may feel sad, gloomy and lonely. You may experience feelings of irritability and guilt.

Also you could find that you have difficulties concentrating or making decisions. Often when you are depressed you will have a negative view of yourself, and see the future as very bleak.

A result of these feelings is that you may withdraw from friends, have problems sleeping and lose interest in activities and things that you usually enjoy.

You can now do something about it!

You are not alone

Depression and anxiety are extremely common. In fact, one in every five people is affected at some time in their lives. Depression and anxiety often go hand in hand, but they can occur alone too.

An effective treatment method

Cognitive behavioral Therapy (CBT) has been used successfully for many years to treat anxiety and depression.

Focusing on the here and now

Rather than focusing on what has happened in your past, CBT helps you focus on what is happening in your life here and now.

Creating a link between how you think & feel

CBT helps you to see the link between how you think on one hand, and how you feel and behave on the other. In particular it works on thoughts that are unrealistic and gives you ways to change them to more helpful ways of thinking.

Effective results

Results are quick and extremely effective if people work through the programme and carry out weekly projects in between sessions.

beating the blues[®]
cognitive behavioural therapy

- Available **FREE** through the EFAP
- Easy to use - Completely confidential
- Take control of your own health
- Feel better in just a few weeks
- Can be used with or without medication
- Accessible when and where you choose



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