



Cognitive Behavioural Therapy for Depression

What is Depression?

We all experience feelings of low mood from time to time, and these feelings usually pass. However, “depression” is when these feelings don’t go away and interfere with your life. Depression affects our thoughts, what we do, how we feel and our sense of well-being. This can make life very hard, as it can be a struggle to complete daily activities when things appear to be less worthwhile.

Depression, feeling blue or low can develop quickly or gradually and be affected by life events or stress. It can strike anyone, at any stage of life.

What are the first signs of depression?

If you identify with several of the following signs and symptoms, and they just won’t go away, you may benefit from seeking support.

- You notice that you do not experience pleasure from activities that you once enjoyed or that gave you a sense of achievement.
- You find it difficult to concentrate and find that previously easy tasks are now difficult to complete.
- You notice changes in your sleeping pattern, you either can’t sleep or you sleep too much.
- You feel hopeless and helpless and believe that things will never change and life is not worth living.
- You can’t control your negative thoughts, no matter how much you try.
- You notice changes in your eating habits either you have lost your appetite or you can’t satiate your appetite.



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- You notice that you are more irritable or short-tempered than usual. This may lead to difficulties with friends, partners or colleagues.
- You are consuming more alcohol than normal or engaging in other unhelpful behaviour.

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Cognitive Behavioural Therapy (CBT) is the recommended treatment for depression by the National Institute of Health and Clinical Excellence (NICE) which guides the National Health Service.

CBT for depression is a talking therapy which focuses on understanding your current difficulties and what is keeping them stuck; this can help encourage a more accepting and hopeful response to the difficulties you are facing. By identifying times when you feel low, you can identify triggers for changes in your mood, identifying the thought, feeling and subsequent behaviour. This helps you gain perspective and awareness which is the starting block to change. Although it may feel challenging, beginning to add activities into your week which provide some pleasure and/or a sense of achievement has been identified as a key element for overcoming depression.

For more information or to book your therapy session – Contact us today on 01865 920077 or info@OxfordCBT.co.uk.

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