
WELCOME

We look forward to working together



OXFORD
CBT

Connecting with your wellbeing

Oxford CBT professionally delivers Cognitive Behavioural Therapy (CBT) and various other types of therapies and support that focus on making changes to your life, reducing distress, and feeling more content and fulfilled. We will work together to help you reach your goals and flourish.

What to expect during your initial assessment

The assessment process begins before your first session when your therapist receives copies of your questionnaires and referral form.

At the assessment, your therapist will ask questions to find out more about your current difficulties and how they are affecting your life. From this information, they will be able to begin to diagnose and identify the most effective treatment to help you to overcome the difficulties you are experiencing.

You will be encouraged to describe any impact your current difficulties are having on your life. Your assigned therapist will usually ask questions about your history to see if any patterns can be identified. Throughout your assessment, your therapist will be considering all information available to help develop specific, measurable, achievable and time-limited goals. We use the **N**ational **I**nstitute for health and **C**are **E**xcellence (NICE) guidelines to determine the course of therapy and the number of sessions that will be required according to the presenting difficulty (usually around 12 sessions).

Booking appointments

At the end of your assessment, your therapist will provide an estimate on the number of sessions recommended and book your initial block of 6 weekly sessions **directly after the assessment appointment**. This allows you to secure a regular weekly time that works for you.

We are currently offering a **5% discount** on a block booking of 6 sessions and a **15% discount** on a block booking of 10 sessions. If you would like to take advantage of this offer, please contact our admin team by phone or by emailing contact@oxfordcbt.co.uk who will be more than happy to help.

You can also now book your appointments yourself, with our online booking system Hero - simply log in <https://herohealth.net/practice-locations/oxford-cbt>

Payment

Following your assessment, you can proceed with booking additional sessions. Payment will be required in order to confirm and secure any sessions booked. Payment details will be stored securely online, which allows both you and your therapist to book sessions quickly and easily using the online booking system **HERO**.

Cancellation of appointments

Should you need to rearrange or cancel a booked session, please provide 48 hours' notice; otherwise, you will be charged for this missed session. There are a few ways to reschedule or cancel an appointment; simply log into your account on Hero, contact your therapist by email or get in touch with us at contact@oxfordcbt.co.uk

Location and arrival

The Oxford CBT address is 11a Windmill Road, OX3 7BW. We are located just above the ICE hair salon. Please note the clinic does not have a receptionist. When you arrive for your initial assessment, please walk up the stairs and turn to your right to enter the clinic waiting room and take a seat. Please wait there and your clinician will come and collect you.

Parking

Parking is **not** available at the clinic, however, there are two car parks located nearby:

- 1) Waitrose car park, 35 Old High St, Headington, Oxford OX3 9HP (5-minute walk)
- 2) St Leonards car park, OX3 8AS (3-minute walk)

Payment can be made either with Cash or the RINGO app on your phone.

Confidentiality

All information discussed in the clinic is confidential unless there is a threat of harm to yourself or others. With your consent, we will update your GP.

If you would like more information, then please visit our FAQ's on our website at

www.oxfordcbt.co.uk/faqs-2/

if you have any other questions that are not listed then please contact us and one of our team would be more than happy to answer them.

Warm Wishes

Tom Murfitt
Clinical Director