



Beyond CBT

EXPLORING THERAPY
TREATMENT OPTIONS

HEALTHY MIND PSYCHOLOGY UK

Welcome

I'm Dr Amber Johnston!

In addition to being the founder and director of Healthy Mind Psychology, I am an accomplished Clinical Psychologist, Neuropsychologist and Pain Psychologist with trauma specialty.



I am passionate about enhancing widely accepted knowledge to better understand components of psychology not often talked about and to break the stigma around individuals who seek guidance to support their mental well-being.

In this guide, I'm sharing some of the various different treatment types that may be available to your patients, as well as explaining how these might differ from traditional CBT.

Amber

What is CBT?

Cognitive Behavioral Therapy (CBT) is a structured, time-limited psychotherapy that focuses on identifying and changing negative thought patterns and behaviors that contribute to emotional distress.

NICE guidelines

NICE recommends CBT as a first-line treatment for various conditions, including:

- Depression
- Anxiety Disorders
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)

NICE suggests that the number of sessions should usually range from 6 to 20 sessions, depending on the complexity and severity of the disorder. Sessions are often scheduled weekly or biweekly.

NICE recommends follow-up sessions or booster sessions to maintain the gains made during therapy, particularly for individuals at risk of relapse.

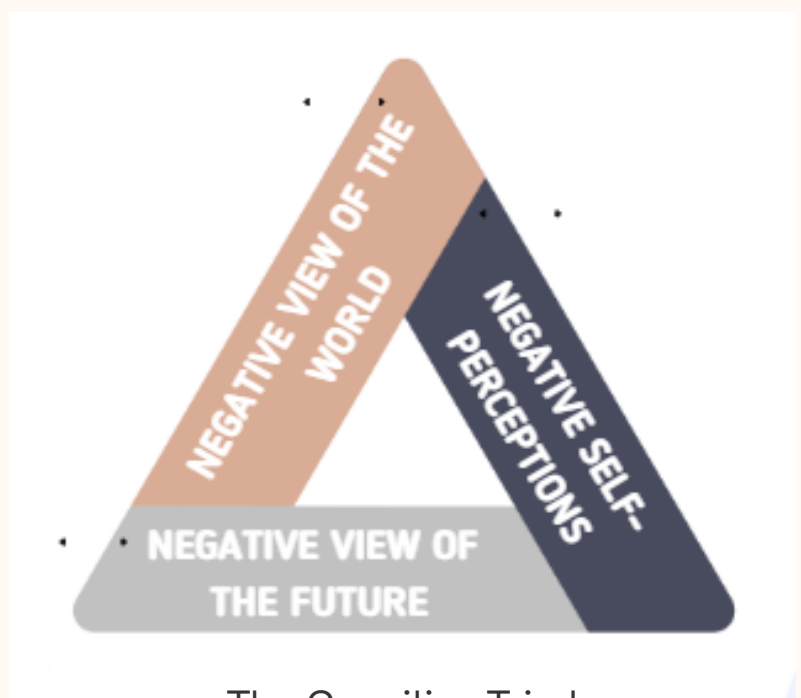
Beck's Traditional CBT

According to Beck, negative thoughts and cognitive distortions lead to emotional distress (e.g., depression, anxiety) and maladaptive behaviors (e.g., withdrawal, avoidance).

In therapy, traditional CBT aims to:

- Identify and challenge negative thoughts and cognitive distortions.
- Help individuals reframe their thinking to develop a more balanced and realistic perspective.
- Encourage the development of coping strategies
- and behaviors that promote emotional well-being.

Beck's traditional model emphasizes the importance of addressing current thought patterns and behaviors rather than focusing extensively on past experiences.



The Cognitive Triad

Third Wave CBT

While traditional CBT primarily focused on changing negative thought patterns and behaviors, third wave CBT integrates a broader understanding of emotional processes, context, and the therapeutic relationship.

- Emphasizes the role of emotions in psychological distress and well-being.
- Incorporate mindfulness practices and acceptance strategies.
- Acknowledges the importance of context and the therapeutic relationship in influencing mental health.
- Emphasizes behavioral activation—encouraging individuals to engage in activities that bring them joy or fulfillment as a way to combat depression and anxiety
- Stresses the importance of building a strong therapeutic alliance between the therapist and the client.



ACT

(Acceptance and Commitment Therapy)

- **Acceptance:** Emphasises accepting thoughts and feelings rather than avoiding or controlling them.
- **Mindfulness:** Encourages being present and aware of experiences without judgment.
- **Values-Based Action:** Focuses on taking actions aligned with personal values, even amid challenges.



— *DBT* —

(Dialectical Behaviour Therapy)

- **Emotion Regulation:** Helps individuals manage intense emotions and reduce emotional vulnerability.
- **'Dialectical'** means trying to understand how two things that seem opposite could both be true.
- **Interpersonal Effectiveness:** Focuses on improving communication and relationship skills to maintain healthy connections.



CFT

(Compassion Focused Therapy)

- **Self-Compassion:** Encourages developing kindness and understanding toward oneself, especially during difficult times.
- **Soothing System Activation:** Focuses on activating the brain's calming system to reduce stress and promote emotional well-being.
- **Balanced Thinking:** Helps individuals cultivate more compassionate, balanced thoughts to counteract self-criticism and shame.



CAT

(Cognitive Analytic Therapy)

- **Focus on Patterns:** Identifies recurring patterns in thoughts, emotions, and relationships that cause difficulties.
- **Collaborative:** Therapist and client work together to understand how past experiences influence current behaviours and create change.
- **Visuals:** Use diagrams or “maps” that clarify both the problematic patterns and the healthy/helpful ones.



ST

(Schema Therapy)

- **Core Schemas:** Targets deeply ingrained negative beliefs, often formed in childhood, that affect current behaviors and emotions.
- **Modes:** Focuses on shifting between different emotional states or "modes," such as the vulnerable child, angry child, or healthy adult.
- **Reparenting:** Uses therapeutic techniques to provide emotional needs and healing experiences that were unmet during childhood.



IFS

(Internal Family Systems)

- **Multiple Parts:** Internal Family Systems (IFS) views the mind as made up of different "parts," each with its own emotions and roles.
- **Self-Leadership:** Encourages accessing the core "Self," a calm, compassionate inner leader, to guide and heal the other parts.
- **Healing Trauma:** Works to unburden wounded or suppressed parts, promoting emotional healing and balance within the system.



EMBR

(Eye Movement Desensitisation and Reprocessing Therapy)

- **Bilateral Stimulation:** Uses eye movements or other bilateral stimulation to help process and resolve traumatic memories.
- **Trauma Processing:** Helps individuals reprocess distressing memories, reducing their emotional intensity and negative impact.
- **Structured Protocol:** Follows an eight-phase approach, including history-taking, desensitisation, and future template planning.



SE

(Somatic Experiencing)

- **Body Awareness:** Focuses on increasing awareness of bodily sensations to help process and release trauma.
- **Titration:** Involves gently revisiting traumatic experiences in small, manageable doses to avoid overwhelm and promote healing.
- **Nervous System Regulation:** Aims to restore balance in the NS by helping individuals move out of fight, flight, or freeze responses.



PRT

(Pain Reprocessing Therapy)

- **Chronic Pain Retraining:** Helps retrain the brain to interpret chronic pain signals as non-threatening, reducing pain perception.
- **Mind-Body Connection:** Focuses on changing the brain's response to pain by addressing emotional and psychological factors.
- **Somatic Tracking:** Encourages observing pain sensations with curiosity and calmness to reduce fear and rewire neural pathways.



PBT

Psychodynamic Therapy

- **Unconscious Processes:** Explores unconscious thoughts and feelings to understand how they influence behaviour and emotions.
- **Early Relationships:** Examines the impact of childhood experiences on psychological development and present-day functioning.
- **Therapeutic Relationship:** The therapist-client relationship is central, providing a space to explore feelings, gain insights, and work through unresolved issues.



— Help and Support —

Our psychologists at [Healthy Mind Psychology](#) are experienced in a wide range of treatment modalities. We understand that there's no standard protocol for everyone, and we provide your patients with a personalised treatment plan that ensures they are set up for long term success. For more information visit our website.



Explore treatment
options for your
patients

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