

A career in CBT



A career in cognitive behaviour therapy (CBT) involves helping individuals develop strategies to enable change. CBT is a structured approach to therapy and the CBT therapist will place an emphasis on specific techniques designed to assist the client in understanding their feelings and behaviours and how to change these.

Different variations

There are many variations and subtypes of CBT including mindfulness-based cognitive therapy (MBCT), acceptance and commitment therapy (ACT), and dialectical behaviour therapy (DBT).

It's not just about the approach

The way each CBT therapist works will be determined by the approach or approaches they are trained in, but also largely by their background and their life experiences. Many people train to become CBT therapists may have worked in other healthcare roles such as nursing first, although this is not necessary.

Who can I work with?

CBT is primarily used for dealing with anxiety, panic, phobia and low mood but the skills involved can be applied to a wide range of mental health issues. The therapist can help the client modify their way of thinking, essentially teaching them skills they can continue to use for the rest of their lives.

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“I feel really humbled that people want to share their life story with me...

What amazes me is that despite the difficulties people have been through, the power of spirit can get them through...that surprised me”

**Jody Payne,
CBT Practitioner**

“It's all about being able to offer people alternatives to medication...

It's all about problem solving.”

**Tom Seath,
CBT Practitioner**

Minimum requirements

- A BABCP accredited postgraduate qualification in CBT
- An undergraduate degree in a relevant subject area