

In My Hands:

Computerised Cognitive Behavioural Therapy (cCBT)

Cognitive Behavioural Therapy is a well-established way of helping you address unhelpful patterns of thinking and deal with overwhelming problems in a more positive way, by breaking them down into smaller parts.

An alternative to the traditional counselling approach to CBT, your Employee Assistance Programme offers In My Hands, a fully interactive method of accessing these ideas and concepts and applying them to your own circumstances.

If the counsellor feels it is a clinically appropriate approach for you, you will receive weekly online interactive sessions, which will teach you to how to apply CBT concepts to change the way you think about and perceive events. This will result in an improvement in your personal wellbeing, family relationships, and how you feel about your work and social roles. It can help you with issues such as anxiety, stress and depression.



Features:

- Seven sessions are offered online over seven weeks, with a counsellor tracking your progress and guiding you via email and telephone support
- Personalised registration and login to a dedicated website, with access to the resources for up to six months upon completion for additional support
- An alternative way of receiving counselling, ideal for people used to accessing services online at their own pace
- Helps to improve your quality of life, both in and away from the workplace



To access this support,
please call the EAP phone line on **08000 856 148**