



What Next?

If you are not already known to our service, you will need to be referred and assessed before starting CCBT. We accept referrals from GP's, Consultants & Social Services.

A member of the ABI team will talk to you to ensure that CCBT is the right approach for you. If you have any queries/worries (e.g. about concentration/attention and using the CCBT programme), you can discuss this further with a member of the ABI team.

The team can help you develop skills in taking into account any memory or concentration difficulties while using CCBT.

People who access our services are welcome to talk to the Team Manager if they are experiencing any problems with their care.

<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>গুণী তমাই ভাষাভাষী সেবাকর্মী অথবা আ চরনাবেগুনী গুণী ভাষাভাষী নকল, অডিও টেপ, ব্রেইল অথবা বিয়াগে ক্রেনী চ্যাপটন গুণী ভাষা, নী কৃষা ক্রেনী সীডব্লিউপি (CWP) না কর্মচারীভাষী সাথে বাত ক্রী, গুণী ক্রী: info@cwps.nhs.uk অথবা আ চরনাবেগুনী: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज़ की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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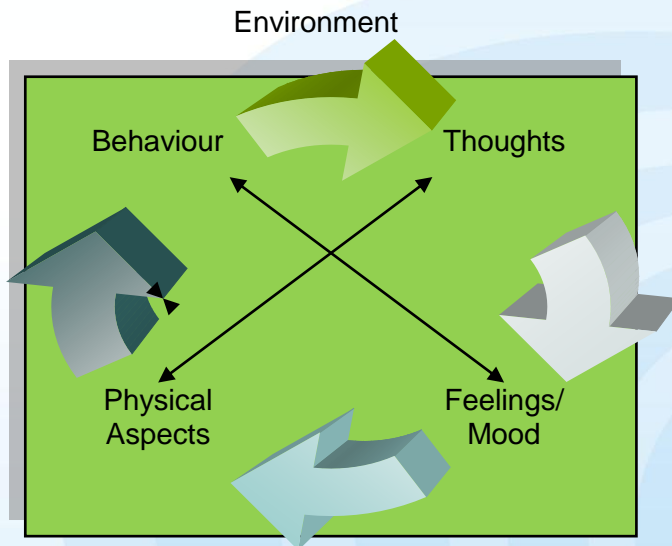
CCBT

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What is CCBT?

CCBT is a computerised programme of Cognitive Behavioural Therapy (CBT).

CBT is a form of therapy that looks at the link between our thoughts, feelings and behaviours e.g. how what we do affects our thoughts and feelings, and vice versa:



Some thoughts / behaviours can be unhelpful and can often feed into one another creating a 'vicious cycle' which can feel hard to break. CBT aims to help you break this cycle.

Why might CCBT be suitable for me?

The computerised CBT programme helps you to use practical ways to learn about patterns of thinking / behaviours that may be causing you distress and helps you to develop more helpful coping strategies.

What does the CCBT programme involve?

The programme (called 'Living Life to the Full') is professionally developed. Use of the site is free and is available to anyone including carers. However, we would advise anyone to discuss this with their GP and / or the ABI team first to ensure that this is the right treatment for them.

The programme uses: online worksheets, video footage, audio clips, and is available online at:

Living Life to the Full:

<http://www.lltff.com>

There are approximately 14 different modules to choose from (e.g. Anxiety Control, Changing Unhelpful Thinking / Behaviours, Sleeping Better, Practical Problem Solving).

Using an IPAD, Laptop or Computer, you can log into the programme and complete the course modules at your own pace.

The CCBT Group

The ABI service runs a group using CCBT. Some people find it helpful to talk to others about their experiences as it can help them know they are not alone in feeling anxious, low in mood or confidence. There are three group sessions which run over a 3 month period where you can:

- Meet others who have experienced a stroke / brain injury
- Learn about the CCBT approach

A member of the ABI team will contact you in between group sessions to see how you are managing with the CCBT course, and to offer support and encouragement.

What you will need:

- **Access to a Computer, I-Pad, or Laptop with internet access**
- **To be able to use a computer**

If you do not have access to a computer / printer you can often get access at your local library. The ABI team can explore some options with you