



Centric  
Mental Health



# CBT Programme

For Depression and Anxiety

In partnership with:

**SilverCloud**<sup>®</sup>  
by Amwell<sup>®</sup>

Centric Mental Health are now offering a dedicated Cognitive Behavioural Therapy (CBT) programme for the treatment of depression and anxiety. This programme is in partnership with SilverCloud; delivered in part via their digital CBT platform, and clinically supported by a series of 30-minute 1-to-1 therapy sessions with one of our qualified and accredited clinicians.

## What is CBT?

- CBT is a short-term, practical and solution-focused therapeutic approach in which the clinician works with the client to explore how their thoughts, emotions and behaviours are connected, and how they affect one another.
- CBT places an emphasis on helping individuals help themselves by focusing on the person's current difficulties, and working towards finding an immediate solution.
- CBT has been proven to be highly effective for treating a range of problems including depression and anxiety, with a high proportion of clients reporting clinically significant improvements.

## How does the CBT Programme work?

Our CBT programme has been designed to relieve the symptoms of depression and anxiety by guiding the client in developing more flexible ways of thinking, and encouraging them to develop an awareness and understanding of their emotions.

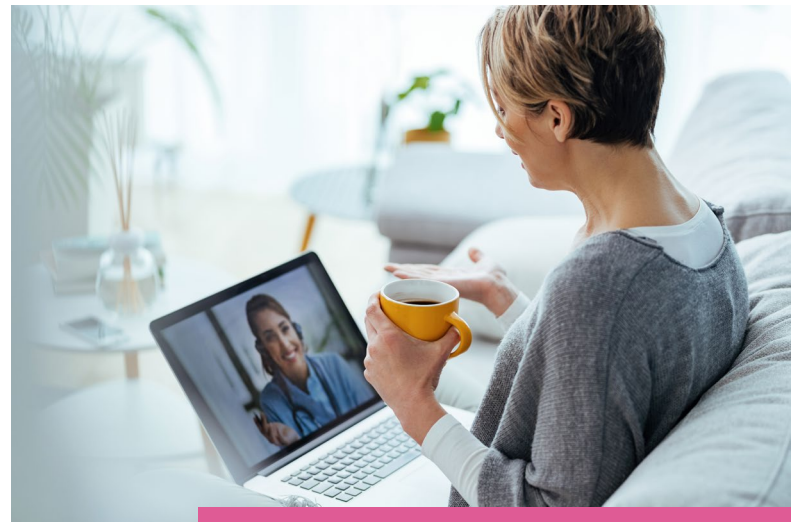
Through the application of the principles of CBT, our programme provides a combination of 1-to-1 talk therapy sessions and guided homework exercises via SilverCloud's digital CBT platform, in which clients are supported in developing coping skills, and learn to identify and adapt their own patterns of thoughts, feelings and behaviours in order to make positive change.

## Programme Details

- 12-week supported programme which includes 6 x 30-minute 1-to-1 therapy sessions with a trained clinician.
- The clinician will support and guide the client through the CBT modules and bespoke exercises on SilverCloud's digital CBT platform.

- The client will have access to the digital CBT resources and tools for 12 months.

The client will be clinically supported as they work through their online modules and exercises. The online resources are specially selected to suit the difficulties that the client is facing, and are designed to provide them with the skills to improve their mental health, and reduce symptoms of depression and anxiety.



## Benefits of our CBT Programme

- Affordable CBT service based on proven methods for managing depression and anxiety
- Secure and immediate access to an online programme that is tailored to the client's needs
- Digital programme functions are clinically supported through fortnightly 1-to-1 therapy sessions with a trained therapist
- Digital platform is easy to use
- Resources can be worked through at any time, on any device
- 12 month access to the digital CBT tools and resources

## Who is this programme suitable for?

This programme is for individuals (18+) who are looking to gain tools to understand and manage depression and anxiety.

Please note, the programme is designed to provide support for individuals who are experiencing non-complex mental health difficulties that are not significantly impacting on their functioning.

Some specific examples of presenting issues suitable for this service could include:

- General life stress
- Mild depression or low mood
- Mild anxiety of any type (general, social, health, etc.)
- Self-esteem or confidence difficulties
- Adjusting to loss or change



Suitable for a patient who:		NOT suitable for a patient who:	
✓	Is experiencing general stress	✗	Is in the midst of a mental health crisis
✓	Is experiencing mild mental health difficulties for the first time	✗	Is exhibiting high levels of risk to self or others, i.e.; the patient is actively suicidal, homicidal or threatening
✓	Does not pose a risk of harm to themselves or others.	✗	Has been recently hospitalised for psychiatric reasons or requires step down care following psychiatric hospitalisation
✓	May never have received therapeutic support before	✗	Is showing signs of active substance misuse or addiction

## How To Refer

- eReferrals can be sent electronically via Healthlink.
- The patient can also self-refer by getting in touch with us via [hello@mentalhealth.ie](mailto:hello@mentalhealth.ie) or **01 611 1719**.
- Referrals are reviewed by our team and the patient will be contacted and scheduled in for their initial consultation to establish whether they are suited to this service.
- If a referral is not appropriate for services within CMH, one of our Senior Psychologists or our Clinical Governance team will assist with onward external referral options.

## The Referral & Matching Process

- 1 Initial Consultation**  
A comprehensive screener to assess the patient's needs and whether they are appropriate for the CBT programme.
- 2 Recommendation for CBT Programme**  
If appropriate, the recommendation for the CBT programme and relevant details will be shared with the patient.
- 3 First Session with Clinician**  
Patient attends their first 30-minute session with an assigned clinician.
- 4 Engagement with CBT Modules & Tools**  
Over the next 2 weeks, the patient will engage with the digital CBT platform and complete their specially assigned modules.
- 5 Follow Up Sessions with Clinician**  
The patient attends their next sessions with their clinician while continuing to work through the online programme.
- 6 Onward Referral**  
The patient may be referred on to a psychotherapist or psychologist for further treatment if required.
- 7 GP Updates**  
Updates are shared with GP as the patient progresses through treatment.
- 8 12-Month Access**  
The patient has access to SilverCloud's digital tools and resources for a full 12 months.

## Pricing

Up to date fee details can be found at [www.mentalhealth.ie/cbt-programme](http://www.mentalhealth.ie/cbt-programme). Please note, the majority of our services can be claimed via health insurance depending on your policy.

## Modules & Tools Included

SilverCloud's digital platform provides a range of easy-to-use CBT tools and modules that aid clients in developing useful strategies for tackling the symptoms of depression and anxiety. Clients will have access to these resources for a full 12 months.

### Modules include:

- What Can Help Your Mental Health?
- What Can Make Your Mental Health Worse?
- Skills to Help Your Mental Health
- Understanding Depression & Anxiety
- Noticing Feelings
- Boosting Behaviour
- Spotting Thoughts
- Challenging thoughts
- Managing Worry
- Staying Well During a Crisis
- Looking to the Future

### Tools include:

- Mood Monitor
- CBT Cycle
- Facing Your Fears
- Your Mood & Your Body
- Activity Scheduling
- Goal Setting
- Care Plan
- Stress & Vulnerability Tool
- Grounding Skills
- Long Term Goals
- Mindful Listening Exercise
- Quizzes

82% of people find the SilverCloud programmes easy to use.<sup>2</sup>

## Get In Touch

Get in touch or visit our website to find out more. Our team will be happy to assist with any queries that you or your patients may have:

☎ 01 611 1719

✉ [hello@mentalhealth.ie](mailto:hello@mentalhealth.ie)

🌐 [www.mentalhealth.ie/cbt-programme](http://www.mentalhealth.ie/cbt-programme)

### References:

1. Data from SilverCloud Platform
2. SilverCloud

