


# LI-CBT

## Information Booklet



### What is LI-CBT?

LI-CBT stands for Low Intensity Cognitive Behaviour Therapy. It helps us to understand our feelings and experiences in different situations. It is a psychological talking therapy based on the theory that our thoughts, feelings and our behaviour are all connected.



### Who can LI-CBT help?

LI-CBT is aimed at supporting children and young people who may be experiencing difficulties with low mood, anxiety and managing their emotions.



### What do LI-CBT sessions look like?

The practitioner will arrange to meet you at school during school hours. You will begin by creating some goals with the practitioner which you will work towards throughout the sessions. The practitioner will provide you with resources and activities. Each week you will be given a home practice task based on the session content. Like anything, the more you practice, learn and dedicate time to these strategies the more effective they can be.



### How long are LI-CBT sessions?

Sessions usually last around 45 minutes and take place weekly. With LI-CBT you will receive 6-8 sessions with your practitioner, after which, you will then be ready to continue practising the strategies you have learnt on your own.