

To LI CBT or not to LI CBT?



Suitable for LI-CBT working

Depression
Panic
Agoraphobia
Health Anxiety
Social phobia
Simple Phobia
GAD
OCD (<1 hr per day / impact)
Behavioural difficulties

Not suitable for LI-CBT working

ODD
Grief
Eating disorders
Trauma
High risk
OCD (>1hr / high impact)
Personality disorders
PTSD
Severe and enduring presentations
Certain Phobias
Psychosis

