



**OXFORD™**  
**CBT**  
Enhancing your wellbeing.

Welcome to Oxford CBT

## **We look forward to working together.**

Cognitive Behavioural Therapy (CBT) is all about making positive changes to your life, reducing distress, and feeling more content and fulfilled. We will work together to help you reach your goals and flourish.

### **What to expect during your initial assessment?**

The assessment process begins before your first session when your therapist receives copies of your questionnaires and referral form. At the assessment, your therapist will ask questions to find out more about your current difficulties and how they are affecting your life. From this information they will be able to begin to diagnose and identify the most effective treatment to help you overcome the difficulties you are experiencing.

You will be encouraged to describe any impact your current difficulties are having on your life. Your therapist will usually ask questions about your history to see if any patterns can be identified. Throughout your assessment, your therapist will be considering all information available to help develop specific, measurable, achievable, realistic, and time-limited (SMART) goals. We use the National Institute for health and Care Excellence (NICE) guidelines to determine the course of therapy and the number of sessions that will be required according to the presenting difficulty (usually around 12 sessions).

## **Meet our Team**

All our team members are trained as either Cognitive Behavioural Therapists or Psychologists. Information on each person can be found on the website <https://www.oxfordcbt.co.uk/about-us/>

## **Booking appointments**

At the end of your assessment your therapist will provide an estimate of the number of sessions recommended and **book your initial block of 6 weekly sessions**. This allows you to secure a regular weekly time that works for you.

You can also book your appointments yourself, with our online booking system Hero simply log in

<https://herohealth.net/practice-locations/oxford-cbt>

## **Our Fees and Payment**

We try to make therapy accessible to as many people as possible and have a reduced rate for clinicians in their final year of training and are offering a **5% discount** on a block booking of 6 sessions and a **10% discount** on a block booking of 10 sessions. If you would like to take advantage of this offer, please ring our admin team on (01865) 920077 who will be more than happy to help.

Our fees can be found <https://www.oxfordcbt.co.uk/our-fees/>

Following your assessment, payment details are stored securely on Hero, our online booking system, this allows both you and your therapist to book sessions quickly and easily when required.

## **Cancellation of appointments.**

Should you need to rearrange or cancel a booked session please provide 48-hours' notice; otherwise, you will be charged. Changes can be made through logging into your account on Hero, contacting your therapist or calling Oxford CBT on (01865) 92007.

## **Confidentiality.**

All information discussed in the clinic is confidential unless there is a threat of harm to yourself or others. With your consent, we will update your GP.

If you have any other questions our team would be more than happy to answer them. **Thank you.**