

CBT AND PAIN MANAGEMENT

Our thoughts and feelings can have a huge impact on our body's responses and vice versa. Through breaking down our thought processes and focusing on how our body reacts, we can begin to understand the importance of a holistic approach to pain management.

Progressive muscle relaxation can also be very useful for patients suffering from pain. These exercises can help you to recognise when your body is tense and when your body is relaxed. It can be a helpful tool in drawing attention to how certain situations in our daily lives can have an impact on our body. These techniques can also encourage you to take time out to 'relax' for a few minutes each day.

CONTACT

Speak to a member of staff in the Physiotherapy Department if you are interested in finding out more about Cognitive Behavioural Therapy or, alternatively, email Ruth Jennings, Psychologist.

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HOW TO FIND US:

London Bridge Hospital is situated on the South Bank of the Thames. We are next to London Bridge mainline and underground stations with easy access to the City. Please note: no right hand turn from Borough High Street into Duke Street Hill.



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PHYSIOTHERAPY 
at London Bridge Hospital

COGNITIVE BEHAVIOURAL THERAPY SERVICE



At London Bridge Hospital, our Physiotherapy Team is always pioneering new treatments and procedures. Following an extremely successful pilot programme offering patients with chronic back pain a combination of both Physiotherapy and Cognitive Behavioural Therapy (CBT), this service is now available to all patients.



WHAT IS CBT?

Cognitive Behavioural Therapy is a 'talking' therapy that helps you to understand how you think about yourself, the world and other people around you, and how your actions affect your thoughts and feelings.

CBT can help you to change the way you think ('cognitive') and what you do ('behaviour'). These changes can help you to feel better.

CBT focuses on the 'here and now' difficulties and problems, helping you to find ways to improve your state of mind.

WHEN DOES CBT HELP?

CBT has been shown to help with many different types of problems. These include: anxiety, depression, panic attacks, phobias, bulimia, obsessive compulsive disorder, post-traumatic stress disorder and bipolar disorder.

CBT can also help if you have difficulties with anger, low self-esteem and self-worth or physical health problems like pain or fatigue.

HOW DOES IT WORK?

CBT can help you to make sense of overwhelming problems through the understanding that our environment is impacted by our thoughts, feelings, physical sensations and behaviours and that all of these things interact together. For example, how you think about a problem can affect how you feel both physically and emotionally. It can also change how you deal with the problem. There are helpful and unhelpful ways of reacting to most situations, depending on how you think about them.

You can get caught up in a vicious circle of unhelpful thinking. As a result, you can develop an unrealistic thought process. This happens because, when distressed, you are more likely to jump to conclusions and to interpret things in extreme and unhelpful ways.

CBT helps you to break this vicious circle of distorted thinking, feelings and behaviour. When you see the parts of the sequence clearly, you can change them – and so change the way you feel.

THE SESSIONS:

You will usually meet with the therapist for between 6 and 12 sessions. Each session will last 50 minutes.

In the first couple of sessions, the therapist will ascertain that you can use this type of treatment and will check that you feel comfortable with it.

The therapist will also ask you questions about your past life and background. Although CBT concentrates on the present, at times you may need to talk about the past to understand how it is affecting you now. You decide what you want to deal with in the short, medium and long term.

HOW EFFECTIVE IS CBT?

It is one of the most effective treatments for conditions where anxiety or depression is the main problem.

CBT is a collaborative therapy and the therapist will work closely with you. The therapy will involve homework exercises such as practising relaxation techniques and keeping a thought diary.