

WHY IS COGNITIVE BEHAVIOURAL THERAPY RELEVANT TO MY

Type 2 DIABETES



mind and body

Managing Diabetes is an ongoing and often challenging task, which can be wearing on our emotional health too.

Mind and body are attached, what affects one will impact upon the other, so working on 'the whole' can increase resilience and improve your wellbeing.

making sense of your experiences

Reflecting on your diagnosis and what it means to you, how life may be different now, and your concerns for the future, can all help these things to feel manageable.

There are strategies that can help with that adjustment, bringing acceptance and confidence to move forward with your diagnosis



exploring change

Having Diabetes brings physical, social and psychological challenges - all areas that are considered in CBT. It is a proactive treatment, identifying areas for meaningful change - meaningful to you - and testing out the benefits of doing things differently.

It's also about exploring the stories we tell ourselves, as these impact upon what we do and how we do things.

Working with a CBT therapist can help you to identify unhelpful patterns and make a plan... the benefits of which can be improved mood, reduced anxiety, and better glycaemic control.



How is it provided and what happens next?

CBT for Diabetes is delivered remotely, meaning on video call to your laptop or mobile device. If you don't own a device, or are not confident using devices in this way, we can help - just let us know.

The first step is to arrange an initial assessment. You will be asked to complete clinical questionnaires to help better understand your symptoms. Following this we will agree a plan for either small group sessions or one-to-one work, across approx. 6-8 appointments.

