

What to expect?

- CBT sessions usually happen once a week with the same CWP
- You will work together with your therapist to better understand the problem you are struggling with and set a goal to work towards
- You will learn a new skill
- It is important to practice your new skill at home and we will set tasks for you to do in-between appointments
- Your CWP will help you to challenge your negative thoughts/behaviours.

How you can access us

You can speak to your parents/carers, doctor/GP, school or college and they can make a referral or you can self-refer.

Forms can be found on the Children and Family Health Devon website www.childrenandfamilyhealthdevon.nhs.uk/camhs/

Children's Wellbeing Practitioners (CWPs)

Get in contact with us

e: cfhd.mhstadmin@nhs.net

t: 01392 386 825

Who are CWP's?

A CWP is a trained professional to support you with your thoughts, feelings and behaviours. A CWP is trained in Low-intensity Cognitive Behavioural Therapy (Li-CBT) with children and young people.

What is Li-CBT?

Low-intensity Cognitive Behavioural Therapy is an evidenced based intervention for low to moderate mental health concerns. It can help with anxiety, low mood, OCD, phobias and some behavioural challenges.

What do we do?

We will initially offer you a brief Wellbeing Call to check that Li-CBT is the best first step for you, following this, we will offer you a more in-depth Li-CBT assessment to assess what you need support with. We will then offer you 6-8 intervention sessions, which can be in groups, 1-1 or parent-led for some primary aged children.

How does CBT work?

CBT is a therapy that looks at how you feel, how you think, how your body reacts and what you do when things are difficult. We notice that these things are all related.

So, by changing one of them we might be able to change them all.



Our CAMHS service uses the i-THRIVE model and CWP's work from the first 2 quadrants:

- **Getting Advice** – As part of our work with you, we may offer advice and signposting as well as psycho-education.
- **Getting Help** – We offer evidence based, goal focussed, brief interventions for children and young people struggling with their mental health.

