

Cognitive behavioural therapy (CBT) : for carers of people with dementia



What is CBT for carers?

Most carers of people with dementia experience feelings of burden and stress from time to time.

CBT stands for 'cognitive behavioural therapy' and is an approach used to help people understand how their thoughts, feelings and behaviour are linked. It can help reduce feelings of stress and depression.

Who is the CBT for carers group for?

The group is for carers of any age who are:

- caring for someone with a diagnosed dementia
- feeling stressed or depressed
- looking for ways of managing stress
- looking for ideas to care more effectively for their relative or friend

What does the group cover?

The group covers:

- stress management.
- coping with difficult thoughts and emotions.
- ideas to help you care for your relative as effectively as possible, for as long as possible.
- understanding dementia and your reaction to it.
- identifying helpful ways of interacting with your relative to reduce your feelings of stress, distress or depression.
- identifying ways of responding when your relative is distressed and coping with the behaviour you find most difficult.



You will also meet other carers and be able to share ideas and experiences of caring for someone with dementia.

How long does the group run for?

The group will run for 12 weekly sessions, each lasting one and a half hours. Tea and coffee will be provided.

Where is the group being held?

Groups are being run across Buckinghamshire.

Who runs the group?

Each group is run by experienced clinicians. They vary depending on where the group is being held.

If you are interested in attending a CBT for carers group or need more information, please contact Healthy Minds.

Healthy Minds
Buckinghamshire Primary Care Wellbeing Service
Floor 2, Prospect House
Crendon Street
High Wycombe
HP13 6LA

Telephone: 01865 901600

Fax: 01865 262333

Email: healthy.minds@oxfordhealth.nhs.uk

Web: www.healthymindsbucks.nhs.uk



More information

Healthy Minds is a service for any person experiencing anxiety, depression or stress and who is registered with an NHS Buckinghamshire GP. Please contact us at:

Healthy Minds
Buckinghamshire Primary Care Wellbeing Service
Floor 2, Prospect House
Crendon Street
High Wycombe
HP13 6LA

Call: **01865 901600***

Fax: 01865 262333

Email: healthy.minds@oxfordhealth.nhs.uk

Text: **TALK** and your name to 07798 667169 and we will call you back

Web: www.healthymindsbucks.nhs.uk

*The cost of a call from a BT landline will be no more than the cost of a local BT landline call, however calls from mobiles or other providers may be charged at a different rate.

Alternative language or format

If you require this guide in a different language or format or larger type size, please contact us and we will do our best to help.

Call: 01865 782195

Email: enquiries@oxfordhealth.nhs.uk

Patient Advice and Liaison Service (PALS)

The Whiteleaf Centre, Bierton Road, Aylesbury, Buckinghamshire HP20 1EG

Freephone: 0800 328 7971

Email: PALS@oxfordhealth.nhs.uk