



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

GUIDED SELF-HELP

What is Guided Self-Help?

Guided Self-Help is a half-way option between 'traditional' therapy and self-help. This means that it's a little less formal than psychotherapy or counselling. Guided Self-Help is based on a Cognitive Behavioural Therapy (CBT) approach to supporting people with various problems, issues and concerns.

Guided Self-Help is an evidence-based, problem-focused approach to changing the way you think, feel and behave. You will be working with a professional, qualified therapist during these sessions. Some of the basic key principles of Guide Self-Help are:

- Sessions are similar to a coaching session than to a traditional therapeutic one.
- The therapist will assist and guide you in working through self-help the workbooks and materials (included in price) available to support you to make the changes you want.
- Sessions are structured. You, and your therapist, will work together on various self-help workbooks (e.g. anxiety, body image, low mood, worry etc. - depending on what you need support with), talk about problems, complete exercises together and set in-between session exercises that you can try in your own time.
- Emphasis is placed on you working in-between sessions. This allows you to take more responsibility for your own therapy and try out activities in 'real life'.
- Sessions help you set goals, assess and monitor progress and deal with any barriers or obstacles.

- If you attend a Guided Self Help programme and then discover other issues which would benefit from a more detailed exploration, or that more support would be helpful, you can move onto more 'traditional' CBT, therapy or counselling that explores problems, issues and concerns on a deeper level.