

For further information
on **therapists**
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Cognitive Behavioural Therapy Nationwide

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Overcoming Emotional Reactions to **Accidents** and **Other Traumas**

**Accidents and their
emotional after-effects
are experienced by
thousands of
the normal population
every year.**

Common reactions e.g. fear of driving, or poor sleep, can be short-term, lasting only a week or two, but sometimes recovery takes longer.

If symptoms last for a month or more, a talking treatment can be highly effective in speeding up recovery.

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What reactions might I experience After an Accident or Trauma?

Common psychological reactions to trauma include:

- Nightmares
- Flashbacks
- Anxious thoughts
- Panic
- Poor sleep
- Irritability
- Fear and avoidance of certain activities e.g. driving
- Anger
- Low mood
- Loss of interest in sex

These reactions in combination or singly, are clearly recognised as part of how we respond to traumatic stress. However, if symptoms persist and are left untreated they can interfere with work performance, relationships and quality of life.

What Treatment is Available?

Research shows that Cognitive Behavioural Therapy (CBT) is the most useful and effective treatment for emotional reactions to trauma. Drug treatment may be recommended in some cases. If so, CBT can be used in combination with medication.

What is CBT?

CBT is a talking treatment in which client and therapist work together to identify and understand particular difficulties. A practical, present-focused, and collaborative style is used to develop an understanding of problems in terms of the relationship between thoughts, feelings and behaviour. From this, therapist and client develop a list of personalised, time-limited treatment goals, and strategies for change. This approach can be used to help anyone irrespective of ability, culture, race, or gender.

How long does Treatment take?

CBT is a brief treatment. Typically a client will be offered between 6 and 12 sessions, with the possibility of follow-up sessions as therapy tails off.

Who can Help?

Cognitive Behavioural Therapy is carried out by specialised health professionals. At **CBT Networks** we have a bank of fully trained and professionally accredited CBT therapists, selected for their experience and expertise in the treatment of reactions to traumatic events. Therapists are either chartered clinical psychologists or accredited cognitive behavioural psychotherapists.

The CBT Network provides therapists countrywide, so that wherever possible treatment sessions can be carried out near to home.

CBT Network administrators manage and monitor treatment progress. Clients are encouraged to use the Network as a point of contact for information and practical problem-solving. The service seeks to be friendly and efficient, with an emphasis on the provision of quality care.