



Oxfordshire Talking Therapies

**Cognitive Behavioural Therapy (CBT)
for Carers**

**A group for carers of people
with Dementia**

01865 901 222

www.oxfordhealth.nhs.uk/oxon-talking-therapies/



for anxiety and depression

Service provided by Oxford Health NHS Foundation Trust

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?

- 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 via Microsoft Teams. Each session lasts for one and a half hours with a short break halfway.

Who runs the group?

Each group is run by experienced clinicians.

How do I refer?

If you are interested in attending a CBT for Carers group you can self-refer by calling NHS Oxfordshire Talking Therapies on 01865 901222, or complete an online form,

 www.oxfordhealth.nhs.uk/oxon-talking-therapies/

Alternatively, speak with your Dementia Advisor, Dementia Support Worker, or Care Co-ordinator, who can give you advice and make a referral on your behalf.

If you need more information, please get in contact and a group facilitator can answer any questions you may have. This is a free group within the NHS and you will need to be registered with an Oxfordshire GP to access the service.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutra língua ou num formato diferente.

Let's start talking...

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