



URBAN special edition



If the answer to both questions is no then step away from the angry thought and tap into some cool thoughts

Happy New Year!!

Here is 2015 and what do we have on offer now starting the year off with a bang, greeting from the CEO and I hope you have had a great Christmas and celebrated the ending of 2014. I hope you don't mind me recounting a day for you.

A Day in the Life of A Therapist...Early to work and rushing down the escalator to the platform which is packed in like sardines. The balancing act to stand near the yellow line is one done with the skill and sheer determination to make sure that no one pushes me in. Train pulls in and we all squeeze onto the carriage sweating like a pig in an oven, wishing that I could shower again. but instead today my mind was drawn to the argument between 2 men who are demanding the other move. Is it really worth the time and energy to be arguing over space on a tightly packed tube? The argument continues for 5 further minutes by which time all other conversations has

ceased due to the raising of the two voices. I am getting a little nervous now as the level of verbal aggression is rising and I am thinking about the possibility to move away from the situation but looking down the carriage I can see that the possibility of anyone moving is next to zero. Its at this point that I am wishing I had the balls to teach the 4 step anger method but there is nothing worse than a 'know it all' butting in. I am likely to escalate than de-escalate the situation. I don't really want bruised eyes as it does not match my skin tone. I look away and just hope that no one gets physical. It is interesting how territorial one gets with a crowded place like the tube. All sensible options leave us at moments when needed. The demand for space when none really exists in the rush hour would be best serve us all if left unsaid. Everyone is in the same situation and so lets walk away from the angry thought. Hot thoughts fuel the anger and cool thoughts calm down like 'how is this gonna help me' 'why spoil a good day' and 'don't get hooked into magnifying the annoyance'. So the next time that a moment can hook you in and lose all sense of proportion....step back and see the bigger picture and ask yourself, Is it really worth losing my temper on? Would I be angry about this in 1 hour? If the answer to both questions is no then step away from the angry thought and tap into some cool thoughts

Executive Services

<http://www.cbtinthecity.com/corporate/>



Resilience can be taught!!

Welcome to Executive Services. Matt Broadway-Horner and associates aim to deliver a package that suits you and the needs of the industry you serve. There are a variety of demands on the Corporate man and woman that here at CBT in the City can help you become the person you want to be in your industry

Resilience is the positive capacity/attitude to cope with stress and adverse life events.

This attitude may result in a manner of coping in the individual “bouncing back” to a previous state of normal functioning, or using the experience of exposure to adversity to produce a “stoic effect” and function better than expected (much like an inoculation gives one the capacity to cope well with future exposure to disease).experience of exposure to adversity to produce a “stoic effect” and function better than expected (much like an inoculation gives one the capacity to cope well with future exposure to disease).Resilience is most commonly understood as a process, and not a trait of an individual.

More recently, there has also been evidence that resilience can indicate a capacity to resist a sharp decline in functioning even though a person temporarily appears to get worse. A child, for example, may do poorly during critical life transitions (like entering School) but experience problems that are less severe than would be expected given the many risks the child faces.

<http://www.cbtinthecity.com/shop/coaching-consultation.html>

Self acceptance

Building Self Acceptance

Many rate them selves judging the performance, which can make self feel bad. And so the process of placing conditions on ourselves then can escalate and become out of control. This can aid the shrinking of life and the quality of it leading to many problems like Depression and Anxiety. The solution offered will help to reverse your situation and help you to be more accepting of your self and grow

<http://www.cbtinthecity.com/shop/coaching-consultation.html>





Day Therapy Services

There are many problems that we treat here at the service like, anxiety, depression, obsessional problems, sexual dysfunction, relationship difficulties, baby troubles, and sexual identity issues. Welcome to you

<http://www.cbtinthecity.com/index.html>

Family online Mindfulness courses

Mindfulness notices detail and teaches people how to recognise the warning signs of depression, anxiety, stress. People learn to identify, accept and notice their negative automatic thoughts, emotions and sensations. Mindfulness is the ability to sit back and observe our thoughts without judgement, this leading to stress reduction, effective use of anxiety, aid in pain management and overcome depression longer. <http://www.cbtinthecity.com/shop/mindfulness-online.html>



121 therapy

<http://www.cbtinthecity.com/shop/121->

What's is CBT?

Cognitive Behaviour Therapy is a tradition that focuses on the way people think and act in order to help them overcome their emotional and behavioural problems

The effectiveness of CBT has been extensively researched more than any other

Therapy and has shown that people stay well longer. This positive result is due in part to the educational aspects of CBT which can be applied to help an individual to become their own CBT Therapist.

There are many approaches within the tradition like Mindfulness, REBT, Cognitive Therapy, Compassion Focused Therapy, Imagery and Rescripting Therapy.





Emergency Services - We can offer help with vicarious trauma and watch out for the signs to ensure quality of life. Fire fighting and crisis management dealing with disasters, bombings etc

Public Services

Welcome to CBT in the City Public Sector Solutions. Matt Broadway-Homer and associates aim to deliver a package that suits you and the needs of the Public Sector service you serve. There are a variety of demands on the Public Service man and woman that here at CBT in the City can help you become the person you want to be in your service

Meeting your objectives is important to the future of your service – and we have a range of products and solutions to help you do it. These are designed to address the challenges that your Business faces – today and in the future. You are well aware of the challenges your service faces – and so are we. We can use this knowledge to help you address them, through Tailored Solutions for everything from NHS to Emergency Services and Schools. We've designed, developed and made available an outstanding portfolio. Find out about our business applications, managed services, can be delivered through Individual and Group Formats within your building/place of work and more.

We have recently launched some fantastic products at CBT in the City - the Group Program on confidence and self acceptance and email workshops a portable Solution. We are confident that we can arrange the perfect package to cater for your needs at either the nearest CBT in the City office or on the go with various portable Solutions. So if your team needs to receive resources of Wellbeing to enable their full potential then we are the team to do it!

NHS - We can deliver teaching/supervision to Trainees/Doctors/Nurses/Occupational Therapists etc

Education - We can work alongside teachers and students using Cognitive Behaviour Education and help reduce bullying in Schools. Teachers also can enjoy working with students in helping and assisting their increased Wellbeing

Young People – Who are struggling to know which direction to take whether that be in education, in life, dealing with change like a parents divorce, new parent, gay parent etc Maybe managing change is difficult when your admitting to yourself you are gay, bisexual, lesbian, straight man who sleeps with men occasionally or just plain curious. The situation could be difficult adjusting to a new country with its customs and attitudes

Here at CBT in the City we can offer one to one Solutions to aid recovery and find a new energy for the job. <http://www.cbthintheCity.com/public-sector/>

Schools project

CBT in the City Schools Project is a Workshop Program developed by Matt Broadway-Homer and is under the copyright of CBT in the City to help teachers most effectively deliver the Project Lesson Plan to their Students in PHSE

The Workshop is 3 days in length and once completed the teacher will then become a CBT in the City School Consultant and will be required to attend one Workshop Refresher per year to keep the Skills Alive and also learn New Information from the Latest Research in

the field of Psychology and Neuropsychology

If you would like to schedule a CBT in the City Workshop for your School, please complete our 'School Profile' (PDF). If your group is a Youth Services organization, please complete our 'Organization Profile' (PDF). Then, contact Matt Broadway-Homer, Project Leader on matt@cbthintheCity.com

<http://www.cbt-schools.co.uk>