

Royal Brompton Hospital

The adult asthma CBT (cognitive behavioural therapy) service

This leaflet provides information about the adult asthma CBT (cognitive behavioural therapy) service.

What is the adult asthma CBT service?

The adult asthma CBT service helps people understand and cope with the emotional effects of having severe asthma. It also helps people who have upper airway conditions. For example, problems with their vocal cords and problems with breathlessness.

Who runs the adult asthma CBT service?

The service is run by a cognitive behavioural therapy (CBT) therapist who works as part of the asthma team. The therapist is a health professional who is specially trained to understand the emotional difficulties people may face and suggest ways to help them cope.

What sort of issues the service can help with

It can help you with all sorts of issues. For example:

- low mood, worry or depression about your health and symptoms
- difficulties coping with your health, symptoms and treatments
- anxiety or worry about hospital admissions or procedures
- self-esteem (confidence) or body image problems resulting from long-term treatments
- keeping control of, and independence over daily activities

What is CBT?

CBT is a type of talking therapy. It is based on the concept that:

- Your thoughts, feelings, physical sensations and behaviours are often connected
- Difficult thoughts and emotions can often impact how we feel physically

CBT aims to help you deal with difficulties in a more positive way by breaking them down into smaller parts. This helps you understand them better. The therapist will work with you on practical ways to manage difficult thoughts or emotions. The therapist will show you how to change these negative patterns to improve the way you feel.

Unlike some talking treatments, CBT focuses on what is going on your life currently and moving forwards, rather than on the past.

CBT has been shown to be an effective way of treating different psychological difficulties including:

- anxiety
- depression
- panic

How the adult asthma CBT service works

Your medical or therapies team may suggest you would benefit from seeing a CBT therapist.

Or you may see a CBT therapist as part of a systematic assessment of refractory asthma (SARA) at Royal Brompton Hospital.

Talk to a member of your medical or therapies team to find out more.

What happens at the first appointment with the service?

You meet the CBT therapist to talk about your worries or concerns. You also discuss the things you would like to address or change.

The CBT therapist then talks to you about whether you will benefit from further appointments. People usually have between 6 and 8 sessions. Each session lasts for 50 to 60 minutes.

You may be given some self-help guides written specially for Royal Brompton Hospital patients. You may also be invited to a group workshop run by the CBT therapist.

If another service would be more suitable for your needs, the CBT therapist may refer you to that service.

Examples of other services include:

- A bereavement service.
- A service closer to where you live.
- Specific charities.

Where are the appointments held?

If you are an outpatient, sessions will be in an outpatient clinic. Appointments can be over the telephone, virtual or face to face.

If you are an inpatient, the CBT therapist will see you in the ward or in a quiet room in the hospital.

Confidentiality

If you are an inpatient, the CBT therapist will write a short summary about your progress in your confidential health record.

If you are an outpatient, the CBT therapist will usually send written summaries to your medical team and your GP:

- after your first session
- when you finish your sessions

You will also be sent copies of these written summaries.

The CBT therapist will discuss all this with you. We want you to feel safe and confident about any information shared with other health professionals involved in your care.

Was this leaflet useful?

If you have any comments about this information, we'd be happy to hear from you. [email healthcontent@gstt.nhs.uk](mailto:healthcontent@gstt.nhs.uk)

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please contact the department your appointment is with.

Your comments and concerns

For advice, support or to raise a concern about any service or department at Royal Brompton and Harefield hospitals. Contact our Patient Advice and Liaison Service (PALS):

- Royal Brompton Hospital [phone](tel:02073497715) 020 7349 7715
- Harefield Hospital [phone](tel:01895826572) 01895 826 572

Or [email pals@rbht.nhs.uk](mailto:pals@rbht.nhs.uk)

NHS 111

This service offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day, [phone](tel:111) 111 [web](http://www.111.nhs.uk) www.111.nhs.uk

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A list of sources is available on request