



THE UNIVERSITY  
of EDINBURGH

# Centre for Psychological Therapies

Do you have a child with emotional difficulties such as anxiety or low mood?  
The Centre for Psychological Therapies may be able to help you.





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The Centre for Psychological Therapies is based at the University of Edinburgh. Our aim is to help children and young people (up to age **26**) improve their mental health, and we do this by offering evidence-based psychological therapies to children and young people in the community.

## Our therapists

We are a training and research centre and our therapy is delivered by experienced psychological therapists and therapists in training who are supervised by Clinical Psychologists.

## Can we help you?

We offer therapy to:

- children and young people with an emotional difficulty, such as low mood or depression;
- children and young people experiencing anxiety

## How our therapies can help

We offer time-limited course of a psychological intervention namely Cognitive Behaviour Therapy (CBT). CBT is a talking therapy that aims to break negative cycles of thoughts and feelings. It focuses on current problems, rather than issues from the past and looks for practical ways to improve your mental health on a daily basis.

## How much does it cost?

There is no set charge for our therapies. Our Centre is a charity and we welcome donations for sessions, but the amount is entirely at the discretion of the individual.

We are not part of the NHS, but you must be registered with a GP in Edinburgh or the Lothians to come to us.

If you think the Centre may be able to help, please email **CPT@ed.ac.uk**