

## Endorsements

Efficacy recently renewed a three year contract to co-ordinate and provide CBT training in King's College London. King's College London is an internationally recognised leading organisation in training, research and development. Our therapists facilitate learning on both under & post-graduate programmes.

Along with self referrals, Efficacy has accepted referrals from a wide range of sources, including psychiatrists, HR departments of large listed companies, the House of Lords, insurance companies, banks, University College London, and many more.

## We can help with:

- Work related stress
- Depression
- Generalised Anxiety Disorder
- Panic Disorder & Phobias
- Obsessive Compulsive Disorder
- Post traumatic Stress Disorder
- Health Anxiety
- Eating problems (Obesity, Bulimia)
- Sleep Disorders
- Anger
- Low self esteem
- Chronic Fatigue Syndrome
- Addictions
- Chronic Pain
- Sexual and relationship problems



If you would like to talk to a consultant to see how we can help you we welcome your enquiry.

**Office Address** Efficacy  
2nd and 3rd Floor Suite  
6 St Mary at Hill  
Monument  
London  
EC3R 8EE

**Email** [efficacy@londoncbt.co.uk](mailto:efficacy@londoncbt.co.uk)

**Telephone** 020 7929 7911

**Web** [www.londoncbt.co.uk](http://www.londoncbt.co.uk)

## Cognitive Behavioural Therapy

*Offering scientifically proven interventions for depression and anxiety*

## Who are Efficacy?

Jane Muston and Lee Grant are health professionals with 25 years of experience in the effective delivery of Cognitive Behavioural Therapy. Lee and Jane are principle partners at Efficacy with 12 BABCP/UKCP accredited therapists to support them.

Jane leads the CBT training department at Kings College London. She recently co-authored the Department of Health's Paper on the national curriculum for the provision of CBT training.

Lee is the Pathway Leader for the MSc in CBT at King's College London. He is a member of the Supervisors & Training Accreditation Committee for the British Association of Behavioural and Cognitive Psychotherapies.

All of the team are qualified health care professionals including registered nurses in mental health and clinical psychologists who have held senior positions within the NHS and who all have a vast experience of providing CBT and training.

## What is CBT?

Cognitive behavioural therapy (CBT) is a psychological model of therapy which is based on scientific principles.

Research has shown CBT to be a highly effective form of psychotherapy and the **treatment of choice** for anxiety, depression, Obsessive Compulsive Disorder and Post traumatic Stress Disorder (NICE clinical guidelines 22, 23, 26 & 31; [www.nice.org.uk](http://www.nice.org.uk)).

CBT is time limited psychotherapy, usually lasting between 10 – 15 sessions dependent upon the nature and severity of the difficulties. CBT is problem focused and goal orientated therapy, where therapists and clients work collaboratively to help achieve identified therapy goals and assist clients to develop CBT tools and skills to minimise the risk of relapse.

Whether you need help with a return to work programme after long term illness or if you are in the early stages of difficulties then we can help you.

## No Cost to you

If your employer offers private health care insurance then our service will probably be free to you and your employer.

Efficacy is a recognised provider for:

- AXA PPP
- Cigna
- Pru Health
- BUPA
- Norwich Union
- Standard Life

## What to do next

If you think you are suffering from an emotional problem or work/life stress is causing you difficulties then call us to talk over options available to you.

Selected policies require you to be assessed before starting therapy. If this is stated in your policy, we work collaboratively with you and are happy to facilitate your assessment and medical reviews.