



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. We help individuals improve their mental health, and help families and carers support those they care for. We do this by offering a range of evidence-based psychological therapies to children and young people in the community.

Our therapists

We are a research and training 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 anxiety, low mood or depression;

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

How our therapies can help

We offer a range of interventions that include Cognitive Behaviour Therapy (CBT) and Interpersonal Psychotherapy (IPT). 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. IPT helps people with moderate to severe depression. It's based on the idea that personal relationships are at the centre of psychological problems. IPT helps you interact more effectively with others, so improving your mood.

How much does it cost?

There is no set charge for our therapies. Our Centre is a charity and we do welcome donations for sessions, but the amount is entirely at the discretion of the individual. If you think the Centre may be able to help, please email **CPT@ed.ac.uk**

You do not need a GP referral.