

Serenity Programme - CBT@Home – User Information

Welcome to the Serenity Programme

Thanks for choosing the Serenity Programme! It's the result of years of research, development and consultation with a wide range of service users and professionals. This quick introduction provides an overview of the programme and a brief guide to its use.



About Cognitive Behavioural Therapy

Cognitive behavioural therapy (CBT for short) is a relatively brief, structured form of psychotherapy, based on the principle that the things we think and do affect how we feel. Because our thoughts, emotions, physical sensations and behaviour are connected, by changing the way we think we can help to change our actions and our feelings. The programme contains a blend of CBT and other trusted and innovative approaches to recovery, unique to the programme.

About Computerised CBT

Computerised cognitive behavioural therapy - CCBT for short - means the CBT is provided, or supported, by a computer. CCBT can be used alongside sessions with a therapist or on its own. Some CCBT programmes are designed to be run solely from a computer; others are designed to be delivered with support from another person.

What is the Serenity Programme for?

The Serenity Programme is designed to help people with the symptoms of stress and anxiety, although many people find it helps with depression too.

From the programme website (serene.me.uk) you can download workbooks to help with your recovery. You can save them to your computer, from where you can type directly into them. Once you have them on your computer, they are yours to keep. They don't send any information over the Internet, so they're confidential to you.

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How do I use the programme?

Don't be put off by the size of the workbooks, they're meant to be worked through at a speed that's right for you, over a number of weeks or months.

We recommend you work through the programme one section at a time. Although you can do this on your own, we encourage everyone to make use of a 'helper'. You might meet face-to-face with your helper or speak with them over the 'phone. Your helper will arrange this when you first meet. Please take the programme at a pace that suits you, but try to make regular time to work with the programme to build up a sense of momentum.

Your privacy

Once you have downloaded the workbooks they're yours to keep - we won't ask for them back. At the end of each section we ask you to complete some questionnaires and to record your scores in your workbooks. Your helper may ask you about these scores, so they know how you're getting on. The Serenity Programme website doesn't store or send any personal information over the Internet. You're completely in charge of what you write in your workbook and of who sees it.

How long will it take?

There are no hard and fast rules, but expect to take at least 3 months to complete the programme. Don't worry if it takes longer, but please don't be tempted to rush through the practical exercises as they're very important.

What if I need a little extra help?

Your helper will contact you regularly, and you can contact them yourself if you need to. Please let your helper know if you're unsure about anything or have any questions about the programme.

In a crisis, you can always contact the Samaritans either by 'phone (08457 909090) or by email (jo@samaritans.org).

Thank you for using the programme, we hope you enjoy it and find it helpful!