Widening access to evidence-based psychological therapies
Professor Chris Williams

CBT - an evidence-based form of psychotherapy

- Does it work?
- Can it be accessed easily?
- How does it work?
- Can you deliver it differently?
- How much do you need to learn to make a difference?

CBT – it’s all about learning

- Everyday words
- Pictures
- Case examples
- The Sun and the Times
- White space
- Readable and easily applied
- Range of ways of learning
People and events around us

Altered Thinking

Altered Feelings

Altered Physical Symptoms

Altered Behaviour

What do we know?
Evaluating a range of resources

- 5 RCT’s to date
- BJ Psych
- PLOS One
- Psychological Medicine

Overcoming depression and low mood Book:
- RCT
- Dissemination paper
- Readability paper

SPIRIT Training: NHS GG+C

- Structured Psychosocial InteRventions In Teams

- All NHS mental health teams in Glasgow training
- Published training paper- outcomes (long and short-term)

NHS Living Life: Scotland
Research into Practice: Dissemination

Patient-Public dissemination

BBC Health News (2 front page stories)
Woman’s Own
.. Glamour magazine...