



INFORMATION SHEET

Sheet Title: **Cognitive Behavioural Psychotherapy**

Cognitive Behavioural Psychotherapy (CBT) can be very useful for Asperger's Syndrome.

Many diagnosed with AS and/or ADHD frequently experience phases of depressed mood, social anxiety and social difficulties.

Poor concentration, personal management and obsessional behaviour exacerbate these difficulties and the disruptive behaviour of children will often influence their ability to form meaningful social relationships.

This therapy is considered by Tony Attwood to be a very effective treatment for Asperger's Syndrome.

Some websites that might be useful are:

British Association for Behavioural and Cognitive Psychotherapies
www.babcp.org.uk

National Association of Cognitive-Behavioural Therapists (NACBT)
www.nacbt.org

Cognitive Behavioural Therapy Associates
www.cbtassociates.net/practice

A private Doctor's website, based in London
www.cognitivetherapy.org.uk