

# Low Intensity Cognitive Behavioural Therapy (LICBT)

## ✨ ✨ ✨ Guided Support to Improve your Psychological Well-being

### LICBT



Receive **Low Intensity Cognitive Behavioural Therapy (LICBT)** to make changes to your lifestyle and develop new coping strategies. Our Psychological Well-being Officer offers individual sessions (30 - 45 minutes each) to help you master evidence-based skills in the following areas in **4 to 6 sessions**:

- **Worry Time** – Learn to limit your time spent on worrying and improve your focus
- **Sleep Management** – Understand your sleep habits and make changes to your daily routine
- **Behavioural Activation** – Explore a balanced routine and engage in activities to be more motivated
- **Problem-solving** – Learn to identify, analyze, implement, and evaluate practical solutions to your worries

### Get a Screening

✨ Email us at [cedars-cope@hku.hk](mailto:cedars-cope@hku.hk) with the subject line "LICBT". Provide us with your full name, phone number, and UID in the email. We will contact you for a 10 to 15-minute phone screening to discuss your needs.

### Feedback from Participants:

"I learned to let those (anxious) feelings and thoughts go, and stay focused on the present."  
"I have changed the perspective of my current sleep routine."



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