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 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."