

Press Release

September 2011



CCBT Limited sponsors Anxiety UK "Face Your Fears Week"

Birmingham based CCBT Limited is pleased to announce that they are sole Sponsors for Anxiety UK's "FACE YOUR FEARS WEEK" 25 September to 2 October 2011.

Many people with anxiety struggle to make people understand what it is like to live with anxiety. This event will give participants a chance to experience a tiny percentage of the fear that many live with on a daily basis.

FearFighter™ Online CBT Treatment for Panic and Phobia

FearFighter™ was the first and only treatment recommended by the National Institute of Clinical Excellence (NICE) as being a clinically and cost effective treatment for Panic and Phobia (TA097 2006).

Relief from debilitating anxiety and phobias can now be achieved conveniently and confidentially online. The traditional obstacles to receiving treatment include long waiting lists, too few qualified therapist, distance from clinics, inconvenience of session times and fear of stigma. CCBT products overcome these issues by offering evidence based Cognitive Behavioural Therapy (CBT) online in a secure and convenient setting of the individual's choice.

Research has shown that FearFighter™ improves anxious or phobic service users as much as face to face therapy, thus reducing therapists' time by up to 80%; increasing treatment capacity; reducing costs and offering service users a real alternative to drugs and face to face treatment.

Another main advantage of this form of treatment is the comprehensive outcome measurement tracking for practitioners, workforce management tools for service user support, patient risk and progress reporting and activity scheduling. With effective outcomes and cost effective delivery, online CBT provides a real alternative to pharmaceutical-therapy.

(visit www.fearfighter.com).



Anxiety



Depression



Insomnia

**Fear
Fighter™**
Anxiety, Panic & Phobia
Treatment Online

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Press Release : 11.4