



Personal Injury

Personal injury can have a dramatic impact for the person affected and for those close to them. We believe that our clients deserve the best possible medical treatment, rehabilitation and support after personal injury or illness.

Our specialist trauma rehabilitation service provides psychological assessment and therapy for clients who have suffered a personal injury, for example through a road traffic collision, an injury in at work or an injury in a public place. All psychological therapies, including cognitive behavioural therapy (CBT) and eye movement desensitisation and reprocessing (EMDR) are evidence-based as recommended by the National Institute for Clinical Excellence (NICE) guidelines and support the Rehabilitation Code.

Personal Injury Case Study:



Jane

Jane was involved in a road traffic collision in which her car was hit from behind by another vehicle.

At first she felt shocked and then relieved that she hadn't been seriously injured. Over the next few days she realised she had suffered whiplash injuries and was unable to sleep without pain relief. Over the course of the next two weeks she found herself constantly reliving the collision and felt angry and tearful whenever she was reminded of the incident. She felt anxious about driving and took time off work because of her neck pain.

Unfortunately, her psychological symptoms worsened over the next three months and she was regularly experiencing nightmares, felt tearful much of the time and had become isolated at home. Her husband encouraged her to contact a personal injury lawyer who arranged an expert witness report which recommended trauma-focused cognitive behavioural therapy.

Jane's lawyer contacted CBT Clinics and she was seen immediately by a clinical psychologist who was able to help her overcome the trauma and assist her to manage her pain more effectively.



cbtclinics
TRANSFORMING PSYCHOLOGICAL HEALTHCARE

info@cbtclinics.co.uk

If you have any further questions please contact CBT Clinics
01904 620781 or **info@cbtclinics.co.uk**