



Building Healthy Self-Esteem programme

An information guide to building
healthy self-esteem using cognitive
behavioural therapy



Who is the programme for?

The programme is aimed at service users with low self-esteem and uses cognitive behavioural therapy (CBT) to help individuals understand and improve their self-esteem.

What is the programme about?

Low self-esteem can be a very debilitating phenomenon often leading to, or exacerbating, anxiety and/or depression.

CBT can help the individual address their low self-esteem and develop a more positive attitude towards themselves, whereby the individual acts in an accepting, respectful and trusting manner towards themselves.

How are referrals made?

Admission to this programme is through a referral from your consultant or your consultant's multidisciplinary team.

Following the referral you will be contacted by a member of the Day Service Department and attend for an initial assessment.

GPs can also refer to the programme using referral forms on stpatricks.ie or contacting the Referral and Assessment Service by email at: referrals@stpatricks.ie or Tel: 01 249 3635.

Who runs the programme?

This programme is run by a team of mental health professionals, including a cognitive behavioural therapist and nurses with expertise in cognitive psychotherapy, compassion-focused therapy and mindfulness-based stress reduction.



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Programme:

This programme runs for a half day a week for 10 weeks over Microsoft Teams. There will be a maximum of 8 participants.

Programme content:

Week 1:	Understanding low self-esteem
Week 2:	Exploring healthy boundaries and anxious predictions
Week 3:	Working with unhelpful behaviours
Week 4:	Speaking to yourself in a critical way: Working with self-critical thoughts
Week 5:	Learning to accept and appreciate your positive qualities
Week 6:	Identifying and adjusting your 'rules for living'
Week 7:	Living by your new 'rules for living'
Week 8:	Identifying and rethinking the old bottom line
Week 9:	Creating and living by the new bottom line
Week 10:	Breaking vicious cycles and building healthy self-esteem

Building healthy self-esteem booster session

After completing the 10-week programme, you will be invited to attend a half-day booster session every three months for up to two years. This session will be a refresher session where we will revisit the self-esteem model and skills learned on the programme.

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