



# 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](http://stpatricks.ie) or contacting the Referral and Assessment Service by email at: [referrals@stpatricks.ie](mailto: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.



## Building healthy self-esteem using cognitive behavioural therapy

### Programme:

This programme runs for a half day a week for 10 weeks over Microsoft Teams. There will be a maximum of 12 participants.

### Programme content:

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

www.stpatricks.ie

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