

Cognitive Behavioural Analysis System of Psychotherapy (CBASP)

CBASP is to date the only psychological therapy specifically developed to meet the needs of persistently, or, chronically depressed clients. CBASP has been part of the MATRIX (Scottish Guide to delivering evidence-based Practice) since 2015, and has now been recognised as an evidence based therapy for the treatment of chronic depression in the revised NICE guidelines due to be published on in 2019. CBASP is a model which combines interpersonal and cognitive behavioural therapies.