

# Call For Participants



LGBQ+ low self-esteem  
intervention

6 week(s) to complete

The benefits of a talking therapy  
with no waiting list and  
compensation for travel

Interview and intervention trial

London, UK

King's College London

We are investigating a new talking therapy for LGBQ+ young people who are looking for help to improve their self-esteem. The study would involve taking part in an interview and then 6 individual sessions designed to improve self-esteem. You would also be asked to fill out some short questionnaires at different points during the study. The talking therapy is based on Cognitive Behavioural Therapy (CBT), self-compassion training and also focuses on topics relevant to LGBQ+ young people.

Find out more online

Poster printed on 25/04/2024

Study expires on 20/02/2020

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/3IM313](http://www.cfp.cc/3IM313)

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