

Cognitive Behaviour Therapy (CBT)

Three Day Course

This course is open to all health professionals who wish to develop a working knowledge of the CBT model of therapy in order to incorporate basic elements into their generic practice.

The training programme will include a combination of didactic training, modelling videos, small group participant exercises, role playing, experiential and practical skills exercises.

COURSE CONTENT

- Historical background, rational and contextual overview of CBT
- Contemporary issues relating to its application in the field of healthcare, using the evidence base available
- The process of therapy: the roles of therapist and client; developing a working alliance; the client's experience in therapy
- Levels of intervention: theory and practice of:
 - a) Cognitive interventions
 - b) Behavioural interventions
- Exploring CBT principles and techniques of working with anxiety disorders, depression, serious mental illness and long term conditions and to help people make life-style changes

Date: Cohort A - Wednesdays 25th November, 2nd and 9th December 2009
Follow up half days Wednesdays 13th January and 10th February 2010
Cohort B - Wednesdays 20th and 27th January, 3rd February 2010
Follow up half days Wednesdays 3rd March and 31st March 2010

Time: 9.30am to 4.30pm full day (tea/coffee and light lunch will be provided)
9.30am to 12.30pm half day (tea/coffee provided)

Venue: Marsham Court Hotel, 3 Russell-Cotes Road, East Cliff, Bournemouth,
Dorset, BH1 3AB

To Book: Contact your Education Lead