

TRAINING SOLUTIONS NORTH WEST

SPECIALIST TRAINING PROVIDER

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Cognitive Behaviour Therapy

COURSE OVERVIEW

This one-day workshop will give participants grounding in understanding CBT. The workshop incorporates a brief introduction to basic CBT theory, but the main aim is to teach participants the CBT skills of identifying clients and challenging cognitive distortions. The workshop is a creative mix of lectures, group discussions, exercises and a little “fringe theatre”. The workshop leaders will role-play clients, and workshop participants in small groups will follow through the different stages of assessment, finally producing a CBT formulation for the ‘client’

COURSE OUTCOMES

By the end of the course participants should:

- ✓ **Have a better understanding of the relationship between thought and behaviour**
- ✓ **Be able to conduct a simple ABC analysis of behaviour**
- ✓ **Have developed some skills in identifying and challenging cognitive distortions**

CERTIFICATION

Attendance Certificate

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