

Keith Chadwick Associates
Introduction to
COGNITIVE BEHAVIOUR THERAPY
(2 days skills workshop)

FEEDBACK FROM COURSE PARTICIPANTS

I found the course helped me:

- To get clients to take more responsibility for their own actions - for them to take control
- To learn to be more directive
- To phase the questions I ask

I now have more confidence to open 'Pandora's box' - and feel able to deal with what may come my way.

I have learnt:

- How to be more directive with clients and to set homework for clients to empower them in the job search process instead of always doing the work for them.
- Rethinking my beliefs and breaking down barriers especially with certain clients.
- Get my clients to work for themselves and to question their beliefs. Using the tools provided in this training will enable them to move forward.

I enjoyed the additional methods along with learning valuable responses to client challenges such as "you've done nothing for me" by actually asking "what do you think I could do for you".

I have learnt not to "blitz" my clients with my ideas and beliefs. I will listen more and take on board their views and opinions.

I have also learned to ask the same question in a different way.

Setting realistic homework goals is a great way of getting someone to help themselves overcome potential issues.

I have learnt how to challenge client's beliefs.

I have also learnt that in an environment that I control sometimes I need to listen and use my new found skills to benefit others.

The course has been very helpful and has given me the tools which I can use with clients. The tool kit to use with clients is good and I thought the course layout is also very good. Whilst we are not Cognitive Behaviour Therapists at the end of the course we can use the skills with our clients in a very helpful way.

The **cbt** course has given me some very useful tools/techniques to use with clients. I found the two days extremely interesting and fun and would like to learn more about **cbt** for future learning/career opportunities. Thank you!

A very helpful course - looking forward to adopting some of the techniques not only in the work place with my clients, but also in my personal life. I love the handouts provided and these will be helpful in setting objectives with my clients. Many thanks for opening my eyes.

I found the course extremely beneficial to not only my work practice but also my personal life.

The challenges that I, and my clients, face on a daily basis can often result in negativity and a feeling of worthlessness and low self esteem.

The idea that we are in control of these emotions and can therefore make changes to re-evaluate the events and their impact on our lives is empowering.

The additional information regarding challenging our emotions, questioning beliefs and changing absolute beliefs is very beneficial when assisting clients and providing support into employment.

I have found this course really useful from both a professional and personal perspective. I can see how aspects of **cbt** can be applied to my working relationships with clients and feel that I have more tools now to challenge negative behaviours and irrational beliefs and have some useful ideas to help clients to cope with anxiety.

I will keep repeating the question 'how do you feel about that?' in my mind as a reminder that we are in control of our emotional reactions to events and that we can change this reaction.

The support literature seems to be very useful and I will be exploring **cbt** further for both work related and personal goals.

On the **cbt** course I have learnt:

- To be more directive with clients
- To ask the same questions - but in a different way
- Get clients to take more control and for them to set their own objectives.
- To help clients to change their negative thought patterns into more constructive and helpful ones.

I found the course a very relaxing and safe environment in which to share experiences. For me it was a refresher of previous learning which to some extent I was using, but had forgotten quite a lot.

The course helped me to learn more about myself and take me back to my job role which in some respects I had lost due to the fast pace at which we work.

I will definitely use **cbt** in my job club and aspects of it with clients.

I found the course most enjoyable. Thank you.