

Manchester Centre for CBT

Introduction to

COGNITIVE BEHAVIOUR THERAPY (2 days)

COURSE BENEFITS:

- Learn how to help your clients more effectively
- Develop new skills
- Discover new techniques
- Understand the theory underpinning practise
- Receive small group coaching in key skills
- Explore evidenced based practise
- Develop theoretical frameworks to assist theory into practise
- Learn additional skills and techniques

All participants receive a Certificate of CPD & Attendance.

This course provides an **introduction to CBT** and a theoretical understanding of Cognitive Behaviour Therapy (CBT) within the range of brief therapy approaches. It enables practitioners to develop appropriate skills and strategies for working with clients behaviour and thinking patterns that are causing them problems. Participants will explore the key principles underpinning the approach, identify which clients are most suited to this approach, practice key skills and have an opportunity to reflect on their own practice in this important area.

The following is illustrative of material covered during the course:

DAY 1

- Overview of philosophy, historical development and theory
- The relationship between cognitions and feelings/behaviour
- Teaching the ABC link
- Typical unhelpful beliefs of self, others, the world
- Skills practice: using Thinking Diaries
- Assessment
- Typical applications of CBT

DAY 2

- CBT update
- Helping clients to identify helpful/unhelpful feelings
- Encouraging behavioural changes
- Disputing skills: identifying rational and irrational thoughts/changing behaviour
- Skills practice
- Reflecting on theory into practice