

Introduction to Cognitive Behavioural Therapy - CBT (two day course, 8th and 22nd April) - £150

This two day course will be a practical and experiential introduction to the CBT model highlighting:

- o The essential nature of emotional states, often described as negative
- o The role of meaning in emotional experience
- o The cognitive models of Panic Attacks and Depression
- o The value of focusing on particular types of beliefs
- o The recent move away from verbal and written interventions to experiential ones in CBT.

Participants will draw on personal experience and application of CBT techniques to their own lives to gain experience of:

- o Monitoring thoughts, feelings and behavioural patterns
- o Using Guided Discovery to uncover hidden beliefs
- o Developing and carrying out Behavioural Experiments and CBT Action Plans to build up new, more helpful beliefs.

A short assignment will be set to complete between the two days, which will be built on the final day.

Course venue: The Link Centre, Headway Hurstwood Park, Headway House, Jackies Lane, Newick, East Sussex BN8 4QX

Course tutor: Jem Mills (Cognitive Behavioural Psychotherapist, BABCP Accredited)

To request a free copy of the workshop handouts please email jem.mills@auroracbt.co.uk

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Name

Address

Tel. no E-Mail

Have you any training or experience of counselling, psychotherapy, consultancy or psychology (please provide details)?

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Please return enclosing payment of £150 (cheque made payable to The Link Centre) to:
Admin Office, The Link Centre, Forest Dell, Green Lane, Crowborough, Sussex TN6 2DG