

VIVAMUS

Psychologists

While we live, let us live

Vivamus Psychologists are facilitating a two-day CBT skills based course in
Marble Arch, Central London

Developing and Enhancing Cognitive Behaviour Therapy Skills

Friday 8th June and Saturday 9th June 2012

The course is intended for Psychology Graduates (Support Workers, Assistant Psychologists, Research Assistants). This course aims to help you develop and enhance your core CBT skills, leaving you more confident and skilled in approaching client work.

Whether you are new to CBT or wishing to refresh and advance your CBT skills, this course is equally applicable.

Day One

1. Introduction to the course
2. Introduction to CBT
 - Familiarisation with the model
 - Case conceptualisation
 - The use of and rationale for homework
3. Assessment and formulation in CBT
 - What particularly are you looking for and how do you find out
4. Application of specific CBT techniques
 - Socratic questioning
 - Behavioural Interventions
 - Cognitive Interventions
 - Identification of negative automatic thoughts, dysfunctional assumptions and core beliefs
 - Cognitive restructuring
 - Devising effective behavioural experiments

Day Two

1. Application of specific CBT techniques (continued)
2. Application of CBT packages (group to agree on two of these to focus on)
 - CBT for Anxiety
 - CBT for Depression
 - CBT for Stress
 - CBT for Post Traumatic Stress Disorder (PTSD)
 - CBT for Pain
 - CBT for Obsessive Compulsive Disorder (OCD)
 - CBT for Panic Disorder

The content will be tailored to best meet the requirements of the individuals attending the course.

	Early Bird Registration (before 04.05.12)	Registration (after 04.05.12)
Two Day Course	£150	£175

The course will be facilitated by Clinical and Counselling Psychologists who are Chartered under the British Psychological Society and registered with the Health Professions Council



For further information or to register for the course, please contact:

**Dr Katherine Boucher
Clinical Psychologist**

Tel : 07900 285561

Email: info@vivamuspsychologists.co.uk

Website: www.vivamuspsychologists.co.uk
