

CPD: Skills Development Training  
**Psychotherapy Skills Toolbox**  
**CBT: Introductory Course**



**Jane Gallagher speaks to Lisa Jayne Walker, January 2010**

**Lisa is an assistant psychologist (adult learning disabilities, Suffolk Mental Health NHS).**

**She was amongst those who attended one of the first BPS learning centre approved CBT courses run by SDS Ltd.**

**On completion of her post-course assessment Lisa has received one of the highest marks in her cohort and is awarded with a Certificate of Assessed Academic Competence.**

**We asked her a few questions about her experience of the course and her plans for using her in her professional development.**

**Q: What made you choose this particular CBT course?**

**Lisa:** I've chosen it because it was

- BPS CPD Approved
- Good value for money
- Good location
- Introductory level

My degrees in psychology were very experimental, so I wanted to learn more about applied clinical psychology, and to gain skills relevant to working as an assistant psychologist

**Q: What surprised you most about the course?**

**Lisa:** The range and variety of professionals attending.

**Q: What has been the most useful practical application in your everyday work of the knowledge gained at the course for you so far?**

**Lisa:** I am now working as an assistant psychologist, so am able to formulate cases in terms of a cognitive model.

**Q: What are your plans about how you will use your Approved CBT course?**

**Lisa:** I hope to pursue a career in clinical psychology, so the course has given me foundation CBT skills which I can develop in training and as an assistant. I plan to work within the NHS, where CBT is the dominant treatment model used. I am currently working in an adult learning disabilities service, so learning how to adapt CBT to people with learning disabilities.

**Q: How easy or difficult you've found the quiz questions?**

**Lisa:** Some were tricky, but most were fine; I did the voluntary quiz/learning exercise a few months ago, with very similar questions, so that helped.

**Q: Any other comments from you about the course...**

**Lisa:** I really enjoyed the course and learned a lot, Tom Werner was very engaging. The course is ideal for psychology graduates wanting more knowledge of applied clinical psychology. My only criticism/improvement would be to have a better organised resource file - the content was excellent, but clearer, separate sections for different topics, with exercises included in the section, and a contents page would be even better. *(Comment from SDS: Thank you for this suggestion it is now taken into account and the resource file is improved. Delegates receive CD-ROMs with their resource files as well with all the materials in electronic format.)*

**Thank you very much to Lisa for answering our questions.**

**We wish her all the best in her career and hope that the skills she gained on SDS course will help her in her professional growth.**

**CBT: Introductory Course is run around the country in 2010.**

**Please visit: <http://www.skillsdevelopment.co.uk/seminars.php?courseid=69>**