



Quality Training in Psychological Skills for over 20 Years

The Skills Development Service Ltd presents:

CBT: Introductory Course

3 day course



An introductory course on this effective, evidence-based therapeutic approach developed and taught by accredited CBT therapists

CBT has gained a pre-eminent place amongst psychological therapies in recent years. However, it is often stereotyped by both proponents and detractors leading it to be either misunderstood or viewed as inaccessible. This course, run by accredited CBT therapists, demystifies this therapeutic approach and offers introductory training in this effective therapy. The course is unique in being developed and reviewed by a multidisciplinary team and is specifically designed for a diverse range of professions.

This course introduces you to **Cognitive Behavioural Therapy** within a context of other therapeutic methods using a wide range of learning techniques.

Our aim is to provide you with the highest possible standard of training and enable you to make immediate use of your learning.

You will leave this course with a solid grounding in CBT that you can put into practice straight away.

The course covers: the history and meaning of CBT, conceptualising cases in CBT terms, the format of a standard CBT session, and the most important CBT techniques.

At every stage of your learning theory will be constantly applied to practical examples.

We will provide you with a quality seminar manual & a FREE CD including photocopyable worksheets, checklists & forms to use with your clients.

FAQ about this course:

Do I need prior knowledge of CBT?

No prior knowledge is required. However, a background in a "helping profession" and working within a defined model of practice is highly desirable.

Will this course enable me to be an accredited CBT therapist?

No. Full details of the accreditation requirements of CBT therapists are contained on www.babcp.com. However, course hours and content may be used towards later accreditation.

How is the course structured?

This is an intensive 3 day course based on presentation, observation and practice. For this reason it is fast moving and structured to ensure detailed coverage and skill acquisition within a short period.

What will I be able to do by the end of the course?

By the end of the course (amongst many other things) you will be able:

Learn how to engage clients in using a CBT approach and techniques

Use Socratic questioning to help your clients change their negative beliefs

Develop behavioural experiments with your clients to help change their negative thinking and mood

Help clients identify thinking errors and how to modify them

How is the course assessed?

There is an optional multiple choice assessment module at the end of the course on which participants can be assessed and marked on accordingly.

Practical Aspects of the Course

There is a heavy reliance on **video and live demonstrations** of techniques, combined with specially developed exercises that allow participants to practise the skills learnt.

Every day consists of the morning session (starting at 9.30 AM) and afternoon session (finishing between 4.30 and 5 PM).

Please read the essential preparation materials as indicated on SDS website prior to the first day of the course.

21 – 23 November 2011

12 – 14 December 2011

12 – 14 March 2012

20 – 22 March 2012

27 – 29 March 2012

London

Glasgow

London

Manchester

Birmingham

FREE CD-ROM for each delegate

With PowerPoint presentation handouts, reading & reference lists, photocopyable worksheets, checklists, and forms to use immediately with your clients.



www.skillsdevelopment.co.uk





Chartered Psychologist

Course tutor: Paul Grantham, B.A. (Oxon), M.Sc, M.Clin.Psychol., BABCP (Accred), is a clinical psychologist with vast clinical and training experience. Having originally taken a degree in history at Oxford University, Paul chose to make Psychology his professional career and took an MSc degree in Psychology at Sussex University followed by training as a Clinical Psychologist at Liverpool University. He has worked extensively within the NHS for many years as a clinical psychologist including primary care, mental health, forensic, substance misuse and physical health and has trained staff in health care, social services, local government and education around the UK and abroad. Paul has a particular interest in people motivation for change, resistance and reasons of why people do NOT change and currently focuses on practical applications of resource based therapies. He has presented and written on a range of psychological issues.

Paul is registered with the HPC, an Associate of The RSM and is an Accredited CBT Therapist. An extremely informed, clinically experienced and humorous speaker he is known as one of the most popular and inspirational tutors in the field of psychological skills training.

Booking Conditions

Booking constitutes a contract.

Course fee

- **£399 + VAT per delegate to include refreshments and course materials.**
- **Block bookings:** Groups of 4 or more save £30 per person - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

- Telephone: 0870 241 7294 giving credit card details.
- Web: use our secure server on www.skillsdevelopment.co.uk giving credit card details.
- By Post: Detach the booking form below (photocopies acceptable) and either:
 - Send with a cheque made payable to The Skills Development Service Ltd to: SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
 - Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from your employer showing name & address to send invoice to.
- No *provisional* bookings taken.

Cancellations

- Cancellation **in writing** up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (**or** a full credit note for a future course – optional).
- Cancellation **in writing** up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

Visit our website WWW.SKILLSDEVELOPMENT.CO.UK for further information on this and other courses, to book your place or to check availability - *It's updated daily!*

----- Booking Form -----

CBT: Introductory Course

Code: NAM

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

_____ POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL: _____

Please check your e-mail address carefully – your CONFIRMATION LETTER will be e-mailed to you to this address!