

SDS Ltd presents a new 3 day course on one of our most demanded topics

# CBT: Introductory Course

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



**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 photocopiable worksheets, checklists & forms to use with your clients.

*"CBT has self evidently 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 powerful and 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."*

**Paul Grantham, Consultant Clinical Psychologist**

**Small group workshop for  
8 – 18 people**



# Course Programme



- Day 1**
- Introduction group members, facilitator, course objective and timetable
  - Learning expectations
  - History of CBT. What is CBT now? *Constructivist exercise*
  - Goal setting (SMART). Learning goals for this course.
  - Structure of session, therapeutic alliance
  - Agenda setting/session bridging. (Examples & exercise of agenda setting)
  - Maintenance formulation. Hot Cross Bun.
  - Basic CBT conceptualization.
  - Beck's triad. How can knowledge of Becks triad enhance the hot cross bun model?
  - Thinking errors. Working with cognition (hot cognition, thought records)
  - Cognitive restructuring: Socratic Method, balance of evidence table
  - Homework effect on treatment outcome – how to set up homework tasks
- Day 2**
- Review and timetable for day 2. Setting day's objective
  - Check out home work – how to evaluate homework use of diary, how to overcome difficulties
  - CBT developmental model (J Beck)
  - Characteristics of core beliefs and dysfunctional assumptions
  - Identifying core beliefs downward arrow technique
  - Eliciting negative assumptions and modifying them
  - Techniques to modify dysfunctional assumption and beliefs
  - Positive thought log and other techniques to modify higher order cognitions
  - Setting up behavioural experiments / surveys
  - Designing behavioural experiments to confirm or disconfirm those beliefs
  - Principle of Behavioural Activation. Explain how to fill in an activity log
  - Alternative, additional behavioural methods (exposure, desensitization)
  - Homework behaviour experiment. End of the day round 'What have I learnt'
- Day 3**
- Review and timetable for day 3. Setting day's objective
  - Check out home work. Review homework – how to use “wrong results” in therapeutic practice
  - Functional analysis. Classical ABC
  - Modification of antecedents and consequences
  - Role of Monitoring, Scales and standardised questionnaires
  - Progress monitoring formal scales, self constructed scales
  - Closure of therapy – therapy blue print and relapse prevention
  - How to formulate a treatment plan
  - Review of course goals and progress monitoring
  - Feedback in written form
  - Summary and closure

**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 will consist of the morning session (starting at 9.30 AM) and afternoon session (finishing between 4.30 and 5 PM). Refreshments provided during your morning and afternoon break. Lunch break (1 hour) – lunch by own arrangements.**

**Due to the intensive nature of this training we advise you to have extra drinks of water with you and layers of clothing to adjust effectively to the temperature in the room.**

**12 July – 14 July 2010**

**27 September – 29 September 2010**

**18 October – 20 October 2010**

**08 November – 10 November 2010**

**22 November – 24 November 2010**

**The British Psychological Society, London**

**Manchester University, Manchester**

**Armada House Conference Centre, Bristol**

**The Ibis Hotel, Birmingham**

**The British Psychological Society, London**

## Who should attend?

All professionals who are looking to extend their knowledge and skill base by incorporating the model and techniques offered by Cognitive Behaviour Therapy. Psychologists, O.Ts, Social Workers, Nurses, Allied Health Professionals, Counsellors, Psychotherapists, Youth and Substance Misuse Workers represent some of the groups who have previously found this approach and training powerful and effective in their work. The course is broad based and intensive with a strong practical emphasis.

### 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](http://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.

## Course Tutors



**Tom Werner**, a Locum Consultant Psychiatrist in Community Forensic at South London & Maudsley NHS Foundation Trust. He worked for a number of years at the Cognitive Behavioural Therapy Unit in the Maudsley Hospital and has extensive experience of working with a range of different client groups including adult mental health, older people, substance misusers, children and families. An accredited CBT therapist from Kings College, London, he also has experience of working with a range of other models. He has an excellent reputation as an informed and dynamic trainer.



**Glen Macklin**, an Honorary Lecturer at Birmingham University, an accredited CBT therapist and a Consultant to Birmingham Youth Offending Services. With over thirteen years in a forensic setting looking after and treating adolescent offenders, he has extensive practical experience of working with challenging adolescents. His combined knowledge of evidence based practice, extensive experience and superb training skills make him an excellent and stimulating tutor to work with.

### About the SDS Ltd training company

**The Skills Development Service** was first established in 1990 as a national training organisation providing short courses for CPD amongst health, social care and psychotherapeutic professions. Well known for its strong practical emphasis and integrative approach we have delivered quality informed training that always involves thinking that is slightly "outside the box". We provide training to literally thousands of delegates every year both in-house and at our ever popular open workshops and seminars. If you want to ask us any questions about both what we currently offer and what we could offer in the future please feel free to give us a ring (0870 241 7294) or drop us an email ([info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk) or via our website [www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)). We'd love to hear from you.

Visit our website for further information on this and other courses, to download the application forms for this or other courses, to book your place or to check availability - it is updated daily

[www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk)

# Booking Conditions – please read carefully

Please feel free to photocopy the form for multiple bookings

*Booking constitutes a contract.*

## Course fee

- **Early Bird Discount: £369 + VAT (£433.58)** if you book more than 1 month before your chosen course.
- **UK: £399 + VAT (£458.85) 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

- 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.
- Telephone: 0870 241 7294 giving credit card details.
- Web: use our secure server on [www.skillsdevelopment.co.uk](http://www.skillsdevelopment.co.uk) giving credit card details.
- 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.

**SDS Blog: [sdsmedia.blogspot.com](http://sdsmedia.blogspot.com) (discuss topical issues in psychotherapy & mental health)**  
**SDS on Twitter: [twitter.com/SDS\\_Ltd](https://twitter.com/SDS_Ltd) (follow us for our latest news)**  
**SDS Media Online Store: [www.psychotherapydvds.com](http://www.psychotherapydvds.com) (for a wide range of training DVDs)**

Detach and retain top of form for your reference

## CBT: Introductory Course

Code: WEB

COURSE DATE \_\_\_\_\_ COURSE LOCATION \_\_\_\_\_

DELEGATE NAME \_\_\_\_\_

JOB TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

POST CODE \_\_\_\_\_

TEL No: \_\_\_\_\_ FAX No: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

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