Course Title: An Introduction to Cognitive Behavioural Therapy (CBT)

Subject category: Mental Health: Support Skills

Course aim: To introduce delegates to the theory and practice of Cognitive Behavioural Therapy and explore its various applications including social care settings and self help

Course overview: Cognitive Behavioural Therapy (CBT) is a counselling style that aims to reduce distress by helping people to identify and change unhelpful thoughts, feelings and behaviours. This popular evidence based approach has numerous applications, in both formal and non formal settings, including self help and has been used successfully to treat a range of mental health conditions including anxiety, depression and substance misuse. Elements of the approach have also been used to reduce distress associated with psychosis. This one day course will provide delegates with an understanding of the basic theory and practical application of the approach, introducing a range of CBT techniques and strategies, and stimulate thought about the strengths and possible limitations of the approach in practice

Pre course requirements: Delegates will benefit from having attended an introductory mental health course or equivalent

Name of trainer: Anna Minogue

Who should attend: Anyone with an interest in gaining knowledge of the basic theory and practice of CBT including mental health support staff and those interested in using the approach for self help

Course level: Level Two

What you will learn:

- A definition of CBT
- How it compares to other types of talking treatments
- A review of the evidence
- The basic theory underpinning the approach
- A range of CBT techniques and strategies
- How CBT techniques can be used by the non specialist to support others
• CBT as a self help tool
• A critical evaluation of the approach: strengths and limitations of the approach
• Recommended reading, resources and links

Course timings: This one day course will run from 10am to 4.30pm with short comfort breaks, morning and afternoon and a one hour lunch break.

Programme:
10am Welcome, introductions, housekeeping and ground rules
10.30am Introduction to CBT: a definition of CBT; a brief history; key principles and features of the approach; how CBT compares to other therapeutic approaches; a review of the evidence base; problems that CBT can help with; what is involved in a course of CBT; self help CBT; strengths and limitations of CBT
11.15am Break
11.30am Basic CBT theory: what are ‘cognitive distortions’?; how we get ‘emotionally hijacked’; how life experiences, thoughts, emotions, physical feelings and actions link together to affect our mental health; understanding different mental health conditions from a CBT perspective; case examples
1.00pm Lunch
2.00pm CBT theory into practice – techniques and strategies: assessing the problem and setting goals; homework and monitoring; analysing a difficult episode from a CBT perspective; how to identify, challenge and alter unhelpful negative thoughts
3.00pm Break
3.15pm More CBT theory into practice: linking thoughts to behaviours; identifying helpful behaviours; behavioural experiments; CBT in practice – critical evaluation
4.15pm References, resources and recommended reading. Evaluations
4.30pm Close