



TRAINING IN COGNITIVE BEHAVIOURAL THERAPY

Our half, one, two and five day courses introduce the theory, principles and therapeutic practice of CBT (a model of psychological understanding). The courses give an insight and appreciation of the skills and strategies of CBT in a way that enhances the consultation and assessment skills of professional staff working with individuals suffering from common mental health problems.

The courses are aimed at occupational and other health professionals, GPs, Human Resource professionals, managers and employees. For maximum benefit, groups of up to 12 are ideal (up to 20 for the half day course). For our clients' convenience courses can be held on clients own premises or arranged off site if preferred (at additional cost to that quoted below).

Introduction to CBT (Half Day)

- Basic principles and theory
- Aimed at obtaining a general understanding of CBT in practice and its general uses in clinical consultations
- Group fee £800 (individual fee £100 subject to minimum number of people on course)

Introduction to CBT and Application (One day)

- Basic principles and theory
- Application to common mental health problems; specifically anxiety and depression
- Aimed at increasing and understanding the uses of CBT in managing common mental health problems
- Group fee £1500 (individual fee £225 subject to minimum number of people on course)

Introduction to CBT, Application, Formulation and Treatment Programmes (Two days)

- Basic principles and theory
- Application to common mental health problems; specifically anxiety and depression
- Formulation and application of skills in practice
- Structuring treatment programmes
- Also encourages a structured approach to formulating specific therapeutic cases
- Group fee £3000 (individual fee £450 subject to minimum number of people on course)

Introduction to CBT, Application, Formulation, Treatment Programmes and Comprehensive Overview (Five days)

- Basic principles and theory
- Application to common mental health problems; specifically anxiety and depression
- Formulation and application of skills in practice
- Structuring treatment programmes
- Comprehensive overview of use of CBT in a range of mental health problems
- Includes review of case studies in workshop format
- Aimed at developing interest for practitioners wishing to consider in depth training
- Group fee £5000 (individual fee £900 subject to minimum number of people on course)

Follow up supervision

- Structured supervision session can be made available to those practitioners wishing to apply skills in therapeutic practice
- Fees on request



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