

Who should attend: Practitioners who want to utilise CBT skills with their clients.

Aims: To explore the practical uses of CBT.

Learning Objectives: By the end of the course, delegates will:

- Understand the foundations of CBT and how and why it is widely used to manage our mental health
- Understand Automatic Negative Thoughts
- Be able to identify the most popular “thinking errors”
- Understand the link between thoughts, feelings and behaviour
- Have a toolkit of practical exercises to use with their clients to manage their emotions and thoughts

Topics

Introduction to CBT

How it has developed

Why it is used

The ABC model

Thinking-Feeling-Behaviour

Automatic Negative Thoughts

Toxic Thinking

Cognitive Errors

Exploring feelings

CBT in Action

CBT and anxiety

CBT and depression

CBT and phobias

CBT and stress

CBT and obsessions

CBT and anger

CBT and low self-esteem

Practical Exercises

ABCDE Model

Behavioural experiments

Refocusing and retraining

Setting goals and identifying solutions

Recognising thoughts

Self acceptance

Identifying core beliefs

Psychological “gardening”

Practical Tools

Worksheets

Homework tasks

Activity logs