



## COGNITIVE BEHAVIOURAL THERAPY

### (2 day course)

**Trainer:** Andy Perkins, Director of Training & Development

**Max. participants:** 16

**Suitable for:** The module has been designed to meet the needs of a wide range of practitioners who work with clients with drug and/or alcohol problems. The trainer will tailor the day to suit all needs within the multi-disciplinary group setting.

### Course Content

This course aims to enable participants to enhance their awareness and understanding of the use of Cognitive Behavioural Therapy within their practice. The course will equip participants to demonstrate an evidence-based knowledge and understanding of the theory and principles of CBT. The course has been developed to give participants as many opportunities as possible to reflect upon their understanding of their own style of working within the CBT model. This will involve skills rehearsal, observation of practice and constructive feedback. This will be done in a "safe" environment and will be carefully managed by the trainer to ensure maximum involvement and learning for all participants.

### Learning Objectives

The training aims to give participants an opportunity to:

- Understand and discuss what CBT is, how it developed and how it can be applied to drug- and alcohol-dependent clients.
- Understand and discuss the process of screening and assessment within CBT.
- Review how our beliefs and thinking affect how we feel and act.
- Identify skills in therapeutic engagement and developing a therapeutic relationship.

The course uses a variety of active learning methods and is intended to develop the practice skills and confidence of those participating.