

Certificate in Cognitive Behavioural Therapy

A 70-hour Weekend Training course
presented by Sylvia Buet
Director of the International Institute for
Cognitive Therapy

05/ 06 September 2009
26/ 27 September 2009
17/ 18 October 2009
14/ 15 November 2009
12/ 13 December 2009

Belfast - Northern Ireland

Dear Colleague,

I am honoured to invite you to attend our Certificate in Cognitive Behavioural Therapy. This course has consistently been ranked as "excellent" by nearly two hundred students who completed the course during the past three years.

Now, you have the opportunity to study this successful training programme and gain a qualification in Cognitive Behavioural Therapy (CBT).

This programme introduces students to the cognitive behavioural model of therapy, both in terms of theoretical underpinnings and foundation practise skills. The course consists of 10 days of training, taught at weekends, starting in September 2009 in Belfast. The course is eminently practical, aimed at professionals working in a broad range of health and social care settings.

Students will learn through lectures, experiential exercises, small groups, video and audio demonstrations of real clients, role-play and skills practice exercises.

The training programme has been designed to provide students with CBT skills and competence in the principles of assessment and case formulation, as well as the appropriate use of Cognitive and Behavioural interventions.

This course will contribute towards meeting the minimum training requirements of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) for accreditation.

Please read in the next pages of the flier everything you need to know about the Certificate in Cognitive Behavioural Therapy before enrolling in the programme e.g. contents, objectives, fees, venue, entry requirements, dates, etc.

I look forward to meeting you in class

*Sylvia Buet
Director of International
Institute to Cognitive Therapy*



Contents of the Certificate in CBT

The course will cover the following topics:

1. Historical background and development of CBT:

Overview of contextual development of cognitive-behavioural approaches; evaluative research and current status; contemporary issues and developments.

2. Learning theory and research: Classical and Operant conditioning; social modelling; the application of behavioural principles to therapeutic practice; behavioural techniques and methods; impact of cognitions and emotions on personal experience; cognitive methods and techniques.

3. Assessment and Diagnosis: Case formulations, Assessments, DSM-IV diagnostic criteria for a range of problems; validity and reliability of relevant psychometric tools to use in assessment and structured interviews.

4. The goals and experience of therapy: Goals of cognitive behavioural therapies; relationship between therapist and client; the client's experience in cognitive behavioural counselling

5. Levels of interventions: Theory and practice of the following interventions:

A. Behavioural Interventions: Relaxation methods (Progressive Relaxation training, applied relaxation); Systematic Desensitization, Exposure therapy, Imaginal Exposure, assertiveness training, behavioural experiments, response prevention, behavioural activation, etc.

B. Cognitive Interventions: Identify and modify dysfunctional cognitions, Socratic questioning, downward-arrow technique, challenging core beliefs, thought records, cognitive distortions, problem solving strategies, cost-benefit analysis, imaginal techniques, etc

6. The evidence base: Outcome and process research; research and recommendations in key practice domains e.g. depression, anxiety, anger, guilt, shame, etc.

Details about the Certificate in CBT

Structure and Methodology of the course

Each class is structured in a way that lectures and practical exercises are interwoven. Participants will practise their new skills through experiential learning and clinical case presentations. There will also be seminars, where trainees role-play designated therapeutic encounters to develop core practise skills and awareness of associated theory. Participants will be able to watch and listen to many videos and audio recordings of real clients. Students will be directed to read current literature and to access relevant learning resources.

Entry Requirements

The course is designed for mental health professionals including psychologists, GPs, psychiatrists, psychotherapists, counsellors, social workers, occupational therapists, nurses, counselling and psychology students, or any other person with relevant experience in dealing with mental health issues even if they don't have formal qualifications. The course is for those who have none or a minimal amount of previous formal training in CBT.

Location: The course will be held in Belfast at Belfast International Youth Hostel (Belfast City Centre)

Dates 5/6 September 2009 (Saturday/ Sunday)
26/27 September 2009 (Saturday/ Sunday)
17/ 18 October 2009 (Saturday/ Sunday)
14/ 15 November 2009 (Saturday/ Sunday)
12/ 13 December 2009 (Saturday/ Sunday)

About the Presenter

The Certificate in Cognitive Behavioural Therapy is organised and presented by Sylvia Buet, the Founder and Director of the International Institute for Cognitive Therapy. Sylvia Buet is a Psychologist accredited as Cognitive Behavioural Psychotherapist by the British Association for Behavioural and Cognitive Psychotherapies (BABCP). She is also a BABCP Accredited Trainer in Cognitive Behavioural Therapy. She has dedicated many years of her professional life to organising and delivering Cognitive Behavioural training all over the world. She is a regular presenter at International conferences. Sylvia has been a lecturer at University of Ulster and works in private practice when she is not involved in training activities. You can read more about Sylvia at www.learncognitivetherapy.com/presenter.htm

Learning Objectives

Day 1: Behavioural Therapy

- Describe the basic features of classical and operant conditioning and their application in clinical problems.
- Apply behavioural concepts and theories to real world situations

Day 2: Beck's Cognitive Therapy

- To gain an understanding of the basic philosophy and fundamental principles of cognitive behavioural therapy: Therapeutic goals, effectiveness, therapeutic relationship, applications, suitability, and research outcomes.
- Become familiar with Beck's model of Cognitive Therapy
- Identify, evaluate and respond to automatic thoughts, cognitive distortions, intermediate and core beliefs

Day 3: Assessment and Case Formulations

- Be aware of a range of psychometric tools and structured interviews that can be used to assess a range of disorders.
- Develop case formulations for "simple" psychological problems
- Identify main elements of a recorded session, illustrating collaborative case formulation

Day 4: Ellis' Rational Emotive Behavioural Therapy

- Gain an understanding of the basic philosophy and fundamental principles of Rational Emotive Behavioural Therapy: goals, applications, therapeutic style, types of beliefs, process of therapy
- Be able to explain to clients the link between moods and thoughts
- Identify personal irrational beliefs

Day 5 and 6: Psychodiagnosis and Treatment for Anxiety and Mood Disorders

- Recognise key features from a range of anxiety and mood disorders such as PTSD, OCD, GAD, Panic Disorder, depression, Social Anxiety, phobias, etc
- Acquire basic theoretical knowledge regarding cognitive and behavioural interventions for a wide range of problems based on Randomised Control Trials.
- Apply basic behavioural techniques to specific client populations
- Overcome common roadblocks using CBT interventions
- Be able to make decisions about what CBT interventions may be more appropriate for a range of disorders

Learning Objectives Cont.

Day 7: Assertiveness Training and Problem Solving Therapy

- Explain interpersonal rights to clients
- Identify cognitions that may block assertive behaviour.
- Become more aware of your own submissive/assertive/aggressive behaviours.
- Show clients how to enhance strategies to be able to say "no", make and reject requests, make and accept personal criticism, make and accept compliments, etc.
- Learn when and how to use Problem-Solving Therapy

Day 8: Cognitive Interventions

- You will acquire basic theoretical knowledge about the correct use of Socratic Questioning
- You will learn to apply basic cognitive techniques that can be used for wide range of psychological problems
- identifying and working with core beliefs (e.g. Downward Arrow technique, disputation...)
- Challenging maladaptive beliefs using Socratic Questioning
- Apply cognitive skills using personal situations

Day 9 and 10: CBT Skills Training Weekend

- Practice Assessments, Diagnosis and Case Formulations for a range of problems as well as CBT Interventions

Fees

£995 is the total cost of the Certificate in Cognitive Behavioural Therapy. Fees need to be paid the 31st August 2009. If your employer is paying for the course, you need to make sure that tuition fees reach the office before the deadline or your place will not be secured. A signed letter from your employer needs to be submitted with application form and application fee, confirming that they understand the terms and conditions for payment.

You can also pay online at www.learncognitivetherapy.com

There is a non-refundable application fee of £200. This is a course in high demand and early registration is highly advisable.

Coffee breaks are included in the fee but not lunch or accommodation. Students need to print their own handouts. The website where handouts can be downloaded will be provided at the time of registration to all participants. Handouts will only be printed for those who don't have access to a printer or Internet.

Where did you hear about the course:

Email Search engine BABCP BPS
Irish News Belfast Telegraph Word of mouth
Others

Name:

Address 1:

Address 2:

City: Postcode:

Date of Birth:

Telephone n.

Mobile n.

Email address (in clear capital letters) essential to
confirm place in the course. All communication is by
email.

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Profession:

Organisation:

Training Fee enclosed:

.... £200 (non-refundable Application fee)
.... £995 (Full fee)

Please make cheques payable to:

International Institute for Cognitive Therapy
118 Ardenlee Avenue, Belfast, BT6 0AD (UK)

Alternatively, you can pay online at our website:

http://www.learncognitivetherapy.com/cognitive_behavioural_therapy.htm

If your employer is paying for the course. You need to enclose a letter
from the person approving the funding with this application form
confirming that they will be responsible for the payment.

Cancellation Policy

If you wish to withdraw from the course, the following refund
policy will be applied:

*On or before 1 August 2009, 80% refund.

*Between 2 August 2009 and 15 August 2009: 70%

*Between 16 and 30 August 2009: 50% refund. 31 August 2009
or later: No refund

Contact the Institute

Contact the International Institute for Cognitive Therapy
If you require further information please contact Sylvia Buet by
e-mail: sbuet@anapsys.co.uk or phone 028 90586361. You can
also find all the details about the course, FAQs, at
www.learncognitivetherapy.com

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