

Certificate in Cognitive Behavioural Therapy

A 70-hour Weekend Training course presented by Sylvia Buet (Director of the International Institute for Cognitive Therapy) and Paul Quinn (BABCP Accredited Cognitive Behavioural Psychotherapist)

20/ 21 February 2010
20/ 21 March 2010
25/ 26 April 2010
23/ 24 May 2010
12/ 13 June 2010

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 February 2010 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 flyer 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 20/21 February 2010 (Saturday/ Sunday)
20/21 March 2010 (Saturday/ Sunday)
25/26 April 2010 (Saturday/ Sunday)
23/24 May 2010 (Saturday/ Sunday)
12/ 13 June 2010 (Saturday/ Sunday)

About the Presenters

The Certificate in Cognitive Behavioural Therapy is organised and presented by Sylvia Buet and Paul Quinn.

Sylvia is 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.

Paul Quinn is a BABCP Accredited CBT therapist. Since 1999, he has been involved in the teaching, training, and supervision of various mental health professionals at The Queens University Belfast, University of Ulster Jordanstown and Magee campuses.

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

- 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...
- Identify personal irrational beliefs Distinguish between irrational and rational beliefs
- Distinguish between healthy and unhealthy negative emotions
- Gain practice in using the ABCDE model of emotional disturbance and change
- Identify and modify irrational beliefs

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...
- Identify personal irrational beliefs Distinguish between irrational and rational beliefs
- Distinguish between healthy and unhealthy negative emotions
- Gain practice in using the ABCDE model of emotional disturbance and change
- Identify and modify 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, dysthymia, and social anxiety.
- Be able to carry out a basic Suicide Risk Assessment
- Acquire basic theoretical knowledge regarding cognitive and behavioural interventions for a wide range of problems based on Randomised Control Trials e.g. Exposure therapy, interoceptive training, relaxation training, psychoeducation, breathing retraining, behavioural activation, cognitive restructuring, imaginal techniques...
- Apply basic behavioural techniques to specific client populations and will demonstrate this skill in an applied setting.

Learning Objectives Cont.

Day 7: Assertiveness Training and Problem Solving Therapy

- Recognize the differences between being assertive, submissive, and aggressive.
- Be able to recognise the human rights involved in a range of situations, when they are applied and when not.
- Be able to communicate clients how to become more assertive in the following areas: making or rejecting requests and making or receiving criticism
- How to identify and overcome cognitive barriers to becoming assertive
- How to deal with conflict using more defensive mechanisms
- How and when 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 (early bird) is the total cost of the Certificate in Cognitive Behavioural Therapy if you enrol **before 31st October 2010**. **£1150** is the training fee after that date. There is a non-refundable application fee of £400. This is a course in high demand and early registration is highly advisable.

Fees need to be paid the 1st February 2010. 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 (with a 4% surcharge) at www.learn cognitivetherapy.com

Coffee breaks are included in the fee but not lunch or accommodation. Students need to print their own handouts.

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:

.... £400 (non-refundable Application fee)
.... £995 (Early Bird before 31st October 2009)
.... £1150 (Training fee after 1st November 2009)

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.learn-cognitive-therapy.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

Cancellation Policy

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

- * On or before 1 January 2010: 80% refund.
- * Between 2 January 2010 and 15 January 2010: 70%
- * Between 16 and 30 January 2010: 50%
- * 31 January 2010 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.learn-cognitive-therapy.com

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