



This webinar addresses issues of identity and how we can encourage a more person centred approach to CBT using life story methods. It is an interactive workshop, where you will be encouraged to participate, reflect and plan how you can apply creative methods to your CBT practice.

With a background in life story work and psychology, I have provided training on this subject for over 20 years. My Ph.D. focused on identities in care relationships of people with learning disabilities, through the use of life story books. I have applied life story methods to my own CBT practice and have found them helpful to encourage engagement and emotional expression.

REGISTER in advance for this webinar:

https://us02web.zoom.us/webinar/register/WN_YEfh1zmTGOHKMc5V6WKjQ

Creative methods in CBT

interactive
webinar

Dr Helen Moya

6th Jan

5-7pm

£25

