



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.

Registration includes a private Facebook group where materials are posted and you can share your creative practices with peers. The session is recorded for convenience.

This webinar is repeated regularly, so contact for more details and to reserve a place.

Creative methods in CBT

interactive
webinar

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For more
information or
reserve a place
on next webinar:
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Recording available