

Current training events and packages



CBT formulation masterclass £38

This 2 hour event covers the basics of formulation from assessment and maintenance cycles to longitudinal formulation. It includes tips for making formulation interactive and creative.

Includes: 2 hour CPD certificate, recording + materials



Disorder specific formulation: A whistle-stop tour £78

This 4 hour event covers the main anxiety disorders and depression. Each condition will include an consideration of diagnostic criteria, NICE guidelines and Roth & Pilling recommendations.

Includes: 4 hour CPD certificate, recording + materials



Health related anxiety & depression (LTC) £78

This 4 hour introductory training is aimed at CBT therapists who want to learn how to use CBT for depression and anxiety associated with long-term health conditions.

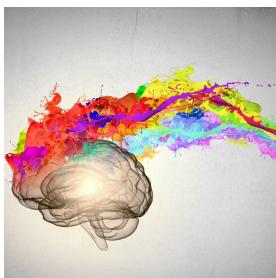
Includes: 4 hour CPD certificate, recording + materials



CBT & ADHD £85

This 4.5 hour event addresses how to recognise and approach issues relating to ADHD within CBT practice. This includes an understanding of the common symptoms and impact on daily life & how CBT can help.

Includes: 4 hour CPD certificate, recording + materials



Creative methods in CBT £38

This is a 2 hour interactive session that explores how to make CBT more spontaneous and tailored to the individual. We consider this from an identity focused approach.

Includes: 2 hour CPD certificate, recording + materials

