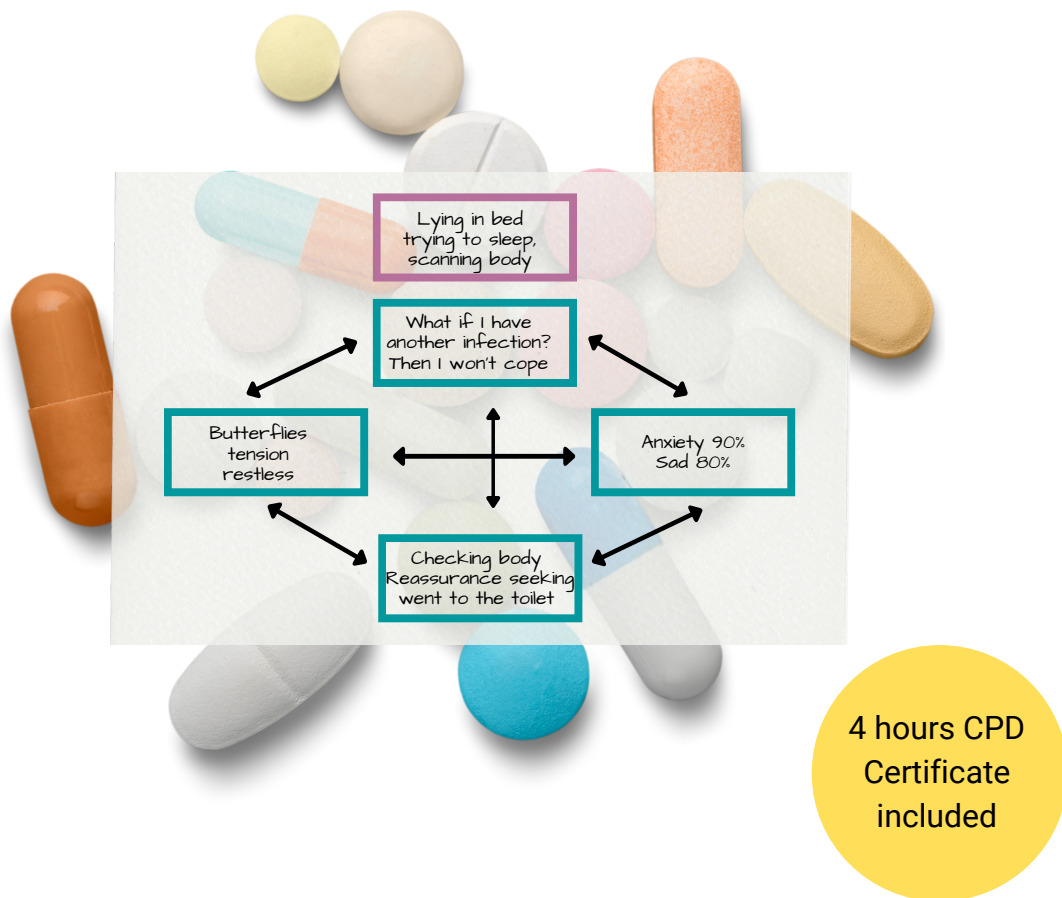


CBT for health related anxiety & depression



This training is aimed at CBT therapists who want to learn how to use CBT for depression and anxiety associated with long-term health conditions. It will cover stages of therapy from initial engagement and assessment to formulation and treatment plans. Includes a brief overview of working with medically unexplained symptoms. Examples from practice will be shared and participation through discussion will be encouraged. Substantial handout supplied and access to a private Facebook group for follow up peer support.



Dr. Helen Moya is co-author of the forthcoming book 'CBT for long-term conditions and medically unexplained symptoms' with Philip Kinsella.



Contact me for date of next session, or to purchase a recording of the training



helen@moyacbt.co.uk to book a place