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Recording
& materials
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Current training packages and offers



CBT formulation masterclass **£56**

This 3 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**

NB. This is a shortened version than current 6 hour event

This 4 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



Using the intolerance of uncertainty model for GAD

This is a 6 hour interactive session that explores how to apply the IoU model for GAD step by step. It is co-hosted with Holly, one of my ex-patients, who provides the lived experience of using the model.

Includes: 6 hour CPD certificate, recording + materials



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