

COUNSELLING & CLIENT WORK COURSES

COGNITIVE BEHAVIOURAL THERAPY (CBT)

Course overview

This training program will improve participants' knowledge, skills and confidence in all aspects of Cognitive-Behavioural Therapy (CBT) interventions, and the application of this approach to a range of client issues and worker roles.

Who will benefit from this course?

Anyone providing psychosocial interventions in a range of health and community settings, including for example: counsellors, case managers, support workers, social workers, psychologists, family workers, youth workers, medical and allied health professionals.

DURATION: 1 Day

FEE: Varies depending on venue, sector, numbers & service provided

IN-HOUSE TRAINING: By arrangement with your organisation

CUSTOMISED TRAINING: To meet the specific requirements of your service and sector

VENUE: Available Australia-wide including all remote & regional areas

Discounts for NGOs

Course content

- The evidence-base for this approach and recommendations on the practical application of CBT to a broad range of client issues, workplace settings and roles.
- The framework, theory, practice, underlying principles and techniques of CBT.
- The nature of the CBT 'helping' relationship and the counsellor qualities and values required to undertake CBT.
- The role of the counsellor in assisting the client to change through psycho-educational self-help strategies.
- The assumptions, strengths and limitations of the CBT approach.
- The connection between thoughts, feelings and behaviour in the change process.
- Stages of the CBT counselling process and typical steps within sessions.
- Intervention strategies and tools used in CBT aimed at managing unhelpful 'self-talk', thought stopping, challenging irrational thinking and managing emotions.
- Receive client self-help tools, resources and templates for self-management, goal setting, mood monitoring and planning.
- Applying this approach effectively with 'resistant' or involuntary clients.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

Contact us for an obligation free quote!

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