

Psychological Therapies

Training Programme 2010

Introductory, Intermediate and
Specialist Courses in Cognitive Therapy

Plus:

CBT for Children

CBT Group Work

CBT Supervision Training

Motivational Interviewing

Mindfulness Based Cognitive Therapy

www.cardiffpsychologists.co.uk

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Introduction

Who are we?

Cardiff Psychologists is a group of South Wales based Clinical and Counselling Psychologists who provide training, supervision and consultancy in a broad range of psychological therapies. See pages 21-24 for the biographies of our current CBT trainers.

Cardiff Psychologists is co-ordinated by Nigel Mills (AMH) and Rachel Williams (Child and Family) who operate as a limited company (Nigel Mills Ltd) registered in England and Wales with company number 06391672.

Cardiff Psychologists is this year offering an even broader range of courses. As well as our usual introduction to CBT and intermediate CBT courses for adult mental health issues, we are also offering an 8 day certificate course in working with CBT for children and families, as well as mindfulness based CBT; Risk Assessment; CBT in groups and CBT supervision.

The CBT courses can be used towards BABCP accreditation. Most of the presenters are BABCP accredited trainers, supervisors or practitioners, and can therefore also assist with the BABCP requirements concerning supervision. Details of BABCP accreditation criteria are on page 26.

We are also pleased to announce the beginning of a collaboration with the *Welsh Psychotherapy Partnership* (WPP Ltd). WPP Ltd provide courses in Counselling; Gestalt and Integrative Psychotherapy (UKCP) as well as diploma courses in supervision and counselling for children. Their courses are detailed on page 20.

Cardiff Psychologists is beginning a process of collaboration with WPP Ltd in terms of developing pathways of career development and accreditation. For people who are new to the world of therapy we would particularly recommend participation in one of their introduction to counselling courses, before embarking on a training in CBT.

Venue and On-Site Training

Our training events all take place in Cardiff. The main venue is R and R Consulting, 41 St Isan Road, Cardiff. However, other venues are also used for larger numbers. Locations for specific workshops are confirmed one month prior to the course date.

In addition, to our events in Cardiff we are also pleased to provide on-site training, consultancy and supervision groups. On-site training can be arranged to cover any of our existing courses or can be tailor made to an organisations requirements, see our website for details.

Booking

To book by phone, or if you have any queries concerning finance or administration, please ring the course administrator Cathy, on: **05601 478887**
Or Email: cathy@digisec.co.uk

To pay by cheque please use the application form on page 25 of this booklet or to pay by BACS please contact Cathy for bank details.

If you require an invoice to present to your employer, please ask Cathy .

If you have any questions concerning the structure or content of the courses, which are not answered by this booklet, then please contact me.

Nigel Mills, Co-Director of Cardiff Psychologists
Via email: nigel@cardiffpsychologists.co.uk

Training in Cognitive Therapy

We provide CBT training at 3 levels:

1. CBT : 2 Day Certificate Course

The course provides a grounding in the principles of CBT and teaches basic skills in the general application of CBT. The course is open to anyone who wishes to find out more about the basics of CBT .

2. Intermediate CBT: 8 Day Certificate Course

The intermediate course is for health professionals who are familiar with the basic concepts of CBT and want to start developing more specific skills. Participants must either have completed our own introductory 2 day course, or have completed an equivalent introductory course elsewhere.

There are separate courses for professionals working with adults (see pages 7 to 12) and children (see pages 16 to 19).

The intermediate CBT course is particularly designed for the following practitioners:

- Health professionals working in primary care.
- Counsellors or therapists working in private practice.
- Community Nurses or Occupational Therapists
- Psychology assistants.
- Psychologists in training.
- Psychiatrists.
- Mental health care workers.

The course consists of 7 days of specialist teaching in the application of CBT strategies to depression and a range of different anxiety disorders.

The 8th day is a follow-up day when participants have had some opportunity to practise CBT in their work settings and are ready to bring back case material for discussion and group supervision.

3. Specialist CBT Workshops

These workshops are suitable for health professionals who wish to apply CBT to more complex problems or to develop particular skills.

The courses are designed with the needs of the following practitioners in mind:

- Community Psychiatric Nurses.
- Occupational Therapists working in mental health services.
- Psychiatrists.
- Clinical Psychologists.
- Counselling Psychologists.
- Social Workers.

Specialist workshops, on pages 13 to 15, currently include:

CBT Supervision Skills: 2 days
Group-Based Cognitive Therapy.
Mindfulness Based CBT: 2 days.
Mindfulness: 9 week experiential course
Risk Assessment

BABCP ACCREDITATION

To become accredited as a cognitive therapist you can either complete a recognised University based course or you can undertake an independent programme of study which is agreed and monitored by an accredited BABCP therapist. See the BABCP accreditation on page 26 for details of the main requirements.

The courses provided by Cardiff Psychologists can all be used as part of an independent application for BABCP accreditation. The courses are also valid for CPD requirements. Nigel Mills, Ellen Davies-Edwards and Louise Waddington, as accredited BABCP practitioners, can also assist you with the requirements concerning supervision and the academic assignments.

Introduction to CBT: 2 Day Workshop

14th/15th April (Wednesday/Thursday) and
9th/10th September (Thursday/Friday)

Trainer: Catherine Goodwin

Fee: £260 plus VAT

Our 2 day introductory workshop is designed to give you a grounding in the theory and basic skills of Cognitive Behavioural interventions. You are shown how to develop a Cognitive Behavioural formulation and an appropriate plan for intervention. You will also learn about:

- Agenda setting.
- The identification and testing negative of negative thoughts.
- Goal setting.
- Behavioural experiments.
- The therapeutic relationship.

On completion of the introductory course you can proceed with the Intermediate course. If you would like to combine the introduction and intermediate courses, to form a comprehensive 10 day course, there is a reduced overall fee:

**Reduced Fee for booking Introductory and Intermediate Courses together:
£1000 plus VAT**

This represents a saving of £300 on the individual module costs.

Intermediate CBT (Adult Mental Health): 8 Day Certificate Course

Friday 16th April and Friday 17th September 2010

Fee for 8 days: £800 plus VAT

Fee for 1 day workshops, if booked separately: £130 plus VAT

The training is delivered by BABCP accredited trainers and therefore can be used as part of a submission for formal accreditation as a cognitive therapist.

To register for the course you must already have some basic knowledge of CBT, such as the completion of our 2 day introductory course, or have achieved the equivalent in your own reading or supervision. See the following pages for details of the individual workshops:

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There are 7 core modules:

- Motivational Interviewing and Socratic Dialogue.
- CBT for Specific Phobias.
- CBT for Panic Disorder.
- CBT for Social Anxiety.
- CBT for Depression.
- CBT for Obsessive Compulsive Disorder.
- CBT for Post-Traumatic Stress Disorder.

All of the above modules can also be taken on a stand-alone basis.

The 8th day is structured around the participants own clinical material and focuses the learning on to practical problems encountered in the application of CBT in clinical settings.

**Fee if taken as a whole course of 8 days: £800 plus VAT
(A reduction of £240 compared to the stand-alone fees).**

The aims and content of each module are provided below:

Motivational Interviewing: 1 Day Workshop

Friday 16th April and Friday 17th September 2010

Trainer: Nigel Mills

Fee: £130 plus VAT

Motivational Interviewing was originally developed as a therapeutic style to help with addictions. However in the last 10 years or so the same style has been shown to enhance therapeutic work generally. Before you rush in, giving your client strategies and homework exercises, have you explored if your client is 'ready to change'? And how does your own style of interaction affect your client's readiness to change?

This workshop provides practical instruction in the use of motivational interviewing to enhance CBT. A useful workshop for health care workers, not just in the field of addictions, but any area where motivation to make changes in lifestyle is an issue. This can include diet; exercise or behavioural assignments in CBT.

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CBT for Specific Phobias: 1 Day Workshop

Friday 23rd April and Friday 15th October 2010

Trainer: Nigel Mills

£130 plus VAT

This workshop aims to help participants:

- Understand how specific fears are acquired.
- Work with the client's imagery of the specific fear.
- Work with the client's body sensations triggered by the specific fear.
- Work with the clients cognitions related to the specific fear.
- Devise an appropriate desensitisation programme.
- Utilise mindfulness based strategies to help clients overcome fear.

CBT for Post Traumatic Stress Disorder: 1 Day Workshop

Friday 7th May and Friday 22nd October 2010

Trainer: Nigel Mills

Fee: £130 plus VAT

This workshop aims to help participants:

- Understand how people react to trauma.
- Assess for the presence of PTSD.
- Understand the danger of re-traumatising your client.
- Explore what is meant by 'disassociation'.
- Prepare clients for the emotional intensity of the therapy.
- Utilise appropriate strategies to help clients overcome trauma.

CBT for Depression: 1 Day Workshop

Thursday 13th May and Monday 13th September 2010

Trainer: Louise Waddington

Fee: £130 plus VAT

This workshop aims to help participants:

- Recognise major depression in adults.
- Apply the cross-sectional CBT model to depression.
- Understand the role of behaviour in maintaining depression and practice using an activity scheduling diary.
- Understand levels of cognition and Beck's formulation of depression.
- Be aware of recent advances in CBT for depression.
- Be aware of a range of CBT strategies for addressing cognitions and have role play practice in each of these.

CBT for Panic Disorder: 1 Day Workshop

Thursday 20th May and Monday 20th September 2010

Trainer: Louise Waddington

Fee: £130 plus VAT

Clinicians frequently encounter clients with panic disorder with/ without agoraphobia and there is clear evidence that CBT is an effective treatment. This workshop aims to promote effective treatment by developing participants' skills and increasing their ability to:

- Recognise panic disorder as distinct from other anxiety disorders.
- Practice using the CBT model of panic maintenance in role play.
- Be aware of new developments in treating panic disorder.
- Be aware of a range of behavioural experiments for panic disorder.
- Complete a behavioural experiment diary in role play.
- Be aware of strategies for relapse prevention.

CBT for Social Anxiety: 1 Day Workshop

Thursday 10th June and Monday 27th September 2010

Trainer: Louise Waddington

Fee: £130 plus vat

Social phobia is a common and disabling anxiety disorder in which a person's main fear is that they may do or say something embarrassing in front of others. This workshop aims to develop participants' skills in helping clients overcome social phobia using methods developed by David Clark. Specifically, participants will gain knowledge and practice in:

- Assessment of social phobia.
- Developing an individualised cognitive model of social phobia.
- Carrying out a safety behaviours experiment.
- Using video feedback to demonstrate the gap between self perception and reality.
- Shifting attentional focus.
- Modifying dysfunctional negative self-images.
- Testing predictions about negative evaluation by others.
- Modifying post-event rumination.
- Relapse prevention

CBT for Obsessive Compulsive Difficulties: 1 Day Workshop

Thursday 17th June and Monday 4th October 2010

Trainer: Louise Waddington

Fee: £130 plus vat

OCD is a disabling disorder and therapist skill is vital to successful treatment. This workshop aims to give participants skills in:

- Recognising obsessive-compulsive disorder.
- Assessing clients with OCD.
- Disorder specific conceptualization.
- Negotiating aims for therapy.
- Theory A Theory B.
- Educating clients about OCD.
- Identifying sources of information and support related to OCD.
- Re-evaluating intrusive thoughts as unthreatening.
- Behavioural experiments in OCD.
- Increasing client motivation.
- Addressing covert OCD.
- Addressing responsibility beliefs.

Specialist Workshops

Experiential Group in Mindfulness Based CBT

Wednesday 16th September 2010 for 9 weeks - 2 pm to 4pm

Trainer: Nigel Mills

Fee: £360 plus VAT

This 9 week programme will follow the 8 session protocol developed by Kabat Zinn and colleagues. Participants will engage in practice of the main tenets of the mindfulness programme. This includes the body scan, mindfulness of breathing; mindfulness of walking; letting thoughts come and go; the cultivation of compassion; developing a sense of being grounded and centred; becoming aware of expansion and contraction of attention; cultivating bodily awareness as a resource. The 9th session will focus on the applications of mindfulness to different clinical issues.

Mindfulness Based CBT for Anxiety, Depression and Trauma (2 days)

Friday 12th November and Friday 19th November 2010

Trainer: Nigel Mills

Fee: £260 plus VAT

This 2 day workshop will cover the following:

- What is mindfulness?
- The origins of mindfulness.
- The role of the body in mindfulness.
- Letting thoughts come and go.
- The role of compassion.
- What is mindfulness based cognitive therapy?
- The application of mindfulness to anxiety and depression.
- Mindfulness as a therapeutic approach to PTSD.

Risk Assessment: Principles and Practice.

1 day workshop

Friday 14th May 2010

Trainer: Sue Vivien-Byrne

Fee: £130 plus VAT

This workshop gives an overview of some of the main methods of assessing the risk of violence and sexual offending and the different types of factors, which need to be taken into account in arriving at a balanced view.

We will refer to different tools commonly used in assessment practice. While not equipping participants to implement these tools it will enable them to decide when a formal assessment might usefully be carried out and what difference this might make to their cases in practice. The ability to challenge both underestimates and overestimates of risk will be considered.

This workshop will be useful for any professionals working with adults in mental health, social services or criminal justice settings. If you are struggling with some of the following issues this workshop could be for you:

How do I know how serious this person's risk is?

No one else seems to be concerned about this man but I think he's a real danger.

Does one offence 10 years ago mean that this person is a risk to all people forever?

Can a person's level of risk reduce and how might that come about and be measured?

Everyone is talking about risk assessment – do they all mean the same thing?

I hear about tools usually with letters and numbers, what do they look like and how are they used?

CBT as Group Therapy

Thursday 6th May and Friday 26th November 2010

Trainer: Catherine Goodwin

Fee: £130 plus VAT

This workshop aims to help participants:

- Understand the literature and evidence base for group interventions.
- Consider the role of groups in different service contexts.
- Explore models of group work.
- Understand the issues involved in setting up a group.
- Manage difficulties within a group.
- Evaluate the effectiveness of a group.

Providing CBT Supervision: 2 day workshop

Monday 10th and Tuesday 11th May and
Monday 4th and Tuesday 5th October 2010

Trainer: Dr Ellen Davies

Fee: £260 plus VAT

This workshop will help participants to:

- Utilise skills of contracting, goal setting, structuring and evaluating.
- Develop a good supervisory alliance.
- Understand process issues in supervision.

Training in Psychological Strategies to work with Children and Families

8 Day Certificate Course

Commences: 1st June 2010

Fee for 8 days: £800 plus VAT

Fee for 1 day workshops, if booked separately: £130 plus VAT

The training can be used as part of a BABCP submission for formal accreditation as a cognitive therapist.

To register for the course you must already have some basic knowledge of CBT, such as the completion of our 2 day introductory course described on the adult training page, or have achieved the equivalent in your own reading or supervision.

There are 7 days of formal training and one follow-up day:

- CBT for children experiencing Anxiety: 2 days.
- CBT for children experiencing Depression: 2 days.
- CBT for children with Obsessive Compulsive problems: 1 day.
- CBT for children with difficulties of attention/ activity levels: 1 day.
- CBT for children with attachment difficulties: 1 day.

All of the above modules can also be taken on a stand-alone basis.

The 8th day is structured around the participants own clinical material and focuses the learning on to practical problems encountered in the application of CBT in clinical settings.

Fee if taken as a whole course of 8 days: £800 plus VAT
(A reduction of £240 compared to the stand-alone fees).

If you need to firstly undertake an introduction to CBT course, (see page 7) you can register for an overall reduced fee of £1000 plus VAT for the introduction and intermediate courses together. This represents a saving of £300 on the individual module costs.

Cognitive Behavioural strategies to help Children and Young People who are experiencing Anxiety

Tuesday 1st June and Wednesday 2nd June 2010

Trainer: Jacqui Boyle

Fee: £260 plus VAT

This 2 day workshop will help the participant to:

- Understand the origins of anxiety problems in young people (including school refusal and phobias).
- Develop an awareness of a range of techniques, including cognitive restructuring, behavioural programmes and problem solving applied to anxiety problems for young people.
- Improve coping skills in young people.
- Plan for relapse prevention.
- Work with families/parents/significant others, concerning anxiety problems.

The workshop will include the opportunities to practice techniques.

Cognitive Behavioural strategies to help Children and Young People who are experiencing Depression

Tuesday 12th and Wednesday 13th July 2010

Trainer: Jacqui Boyle

Fee: £260 plus VAT

This 2 day workshop will help the participant to:

- Understand the origins of low mood in young people.
- Develop an awareness of a range of techniques including cognitive restructuring, behavioural activation and problem solving applied to young people.
- Improve coping skills in young people.
- Engage in basic risk assessment and development of coping plans
- Work with families/parents/significant others.

The workshop will include the opportunities to practice techniques.

CBT for Obsessive Compulsive Difficulties

Friday 11th June 2010

Trainer: Clare Nott

Fee: £130 plus VAT

This workshop will cover:

- Diagnosis and assessment of OCD.
- Psychoeducation.
- Formulation.
- Working with the family.
- "Running OCD off my land!".
- Drawing up the hierarchy.
- Goalsetting.
- Exposure and response prevention.
- Monitoring progress.
- Relapse prevention.

Working with ADHD

Friday 25th June 2010

Trainer: Clare Nott

Fee: £130 plus VAT

This workshop will cover:

- What is ADHD?.
- Diagnosis and assessment of ADHD.
- Differential diagnosis (including anxiety, autism and attachment difficulties).
- Medication and diet.
- Parenting Groups.
- Working with the family.
- Working with the school.
- Working with the individual.

Working with Attachment Difficulties

Friday 17th September 2010

Trainer: Clare Nott

Fee: £130 plus VAT

This workshop will cover:

- The importance of the attachment bond.
- Diagnosis and assessment of Attachment Disorder.
- Developing the relationship through "intersubjectivity".
- Working at the child's "PACE".
- What the attachment disordered child needs from carers/parents.
- What the carers/parents need.
- Specific approaches to use - including "Time *In*", becoming a "good things" detective and dealing with shame.

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Welsh Psychotherapy Partnership (WPP Ltd) Courses

Cardiff Psychologists is beginning a process of collaboration with WPP Ltd in terms of developing pathways of career development and accreditation. WPP Ltd offers the following courses:

Advanced Diploma of Psychotherapy – Integrative/Gestalt

4-year part time course, 26 days per year, currently leading to dual UKCP and European registration. Next Start Date - Oct 2010

Diploma in Supervision

One year taught course followed by independent study stage.

Diploma in Psychotherapeutic Counselling with Children

This P/T conversion course is open to those who already hold a counselling qualification with adults, who wish to also work with children.

Diploma in Relational Therapeutic Counselling

This P/T course will prepare the student for UKACP and BACP registration.

Certificate in Counselling Skills

Open to all those with an interest in counselling. Successful completion allows entry into the Diploma of Counselling Course.

CPD Supervision Event with Robin Shoet - author of *Passionate Supervision* - limited places available ! **Tuesday May 25th 2010**
contact Welsh Psychotherapy Partnership for further details

Application Process for WPP Ltd Courses

Please contact WPP for an initial discussion and to request the Application/Referee Forms or download them from their website. Welsh Psychotherapy Partnership Ltd is based at: 54 Charles Street, Cardiff. CF10 2GF

Email: admin@welshpsychotherapy.org.uk

Website: www.welshpsychotherapy.org.uk

Office Tel: 02920 396998

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Biographies of the Trainers

Director: Nigel Mills

Nigel is a Chartered Clinical Psychologist with over 25 years experience of working in Adult Mental Health settings. Nigel trained at the Institute of Psychiatry/Maudsley Hospitals. He has held Consultant level posts in West Sussex and Bro-Morgannwg and has been the senior tutor for the adult mental health training module on the University of Cardiff Clinical Psychology Doctorate. Nigel has had extensive post-qualification training in CBT and he is an accredited practitioner for EMDR with EMDR Europe. Nigel has published research into the use of Mindfulness for people with Multiple Sclerosis (1999/2000). He has also published clinical accounts of using Mindfulness for people with psychosis (2001/2002). He continues to specialise in the use of mindfulness and EMDR in his current role as an Independent Consultant in the assessment and treatment of Post Traumatic Stress Disorder. He has contributed to the CBT teaching on University Clinical Psychology courses in Surrey; Cambridge; Manchester and Cardiff. Nigel is an accredited BABCP therapist and trainer. He has published over 15 articles and 3 book chapters concerned with psychological interventions.

Louise Waddington :

Louise is a Chartered Clinical Psychologist who has specialised in cognitive behaviour therapy. She has a doctorate in Clinical Psychology from the University of Leeds and a post-graduate diploma in Cognitive Therapy (with distinction) from the University of Durham. Louise has worked as a research therapist on large scale trials of CBT for depression (Profs. Shapiro and Barkham) and anxiety disorders (Profs Clark, Ehlers and Salkovskis). She has over 15 years experience working in the NHS and currently runs the Panic Treatment Project for Cardiff and Vale NHS Trust. She has a teaching diploma from the University of London and is a BABCP accredited therapist, supervisor and trainer. She teaches CBT on the Cardiff Clinical Psychology Doctorate and to groups of NHS staff in Cardiff.

Biographies of the Trainers

Dr Clare Nott :

Clare is a Clinical Psychologist with over nine years' experience of working with Children and Families in the NHS. She has worked in a community setting for the last four years with the Aneurin Bevan Health Board (formerly Gwent Healthcare NHS Trust). Prior to that, she worked in the CAMHS Managed Clinical Network, where her role included delivering training on Behavioural Techniques. She provides supervision and contributes to teaching on the Cardiff University Doctorate in Clinical Psychology. Clare qualified with a Doctorate in Clinical Psychology from Cardiff University in 2001.

Dr Jacqui Boyle :

Jacqui is a Chartered Clinical Psychologist. She works with children, adolescents and families referred to the NHS, in both a community and day unit setting. Previously, she worked with adolescents referred to an inpatient unit, and their parents, focusing specifically on applying cognitive behavioural techniques with a range of presenting difficulties. Her doctoral dissertation explored the applicability of adult models of social phobia for young people. She provides supervision and contributes to the teaching on the University of Cardiff Clinical Psychology Doctorate course.

Catherine Goodwin :

Catherine is a Consultant Clinical Psychologist, registered with the HPC and Chartered with the British Psychological Society and has completed a year long post graduate training in CBT. Catherine has over 12 years experience of practicing and teaching CBT. She provides specialist CBT consultation workshops to health professionals working in both mental health and primary care services. Catherine currently works in the independent sector with adults.

Biographies of the Trainers

Sue Vivian-Byrne :

Consultant Forensic Clinical Psychologist and Systemic Psychotherapist
Mrs Vivian-Byrne has over 25 years experience of working in mental health services in medium security, low secure services and the community. She has been a member of the Parole Board for 6 years and has provided reports for court in criminal and childcare proceedings for over 20 years.

Ellen Davies Edwards :

Dr. Davies is a Chartered Consultant Clinical Psychologist with over 20 years experience of working in Adult mental health settings and is an accredited practitioner with the BABCP. Having gained Associate status with the Institute for Applied Behavioural Analysis, Dr. Davies trained in Clinical Psychology at the University of Birmingham where she was awarded the Doctorate in Clinical Psychology. She undertook her postgraduate Diploma training in Cognitive Behavioural Therapy (CBT) at Oxford University and has since occupied a number of CBT specific posts, each of which has involved a significant service development remit.

Dr. Davies has held a variety of Consultant Clinical Psychology posts with Local Health Partnerships NHS Trust, Suffolk, and with Cardiff & Vale NHS Trust. She occupied the post of Senior Research Tutor on the Doctorate in Clinical Psychology Postgraduate training programme, Cardiff University, 2004-2009. Dr Davies retains honorary tutor status with Cardiff University and is currently External Examiner to Bristol University.

Dr. Davies has undertaken a variety of CBT related research in the areas of psychosis, CBT delivery and effectiveness and organisational health, and has most recently published qualitative research in the journal Resuscitation (2006). She led on the development and piloting of the Attitude to Relapse Scale (Davies&Birchwood, 2009) which has been widely used in mental health services with a variety of clinical populations. Dr Davies has specialised in Cognitive Behavioural supervision and training for more than 10 years and has contributed to CBT teaching on D.Clin.Psy. Programmes at Southampton University, Oxford University, University of East Anglia and Cardiff University.

Biographies of the Trainers

Director of Training for Child and Family Work: Rachel Williams

Rachel is a Chartered Clinical Psychologist with over 15 years experience of working with children and families. Rachel has a doctorate from the University of Oxford and has carried out post-doctoral research at the University of Cambridge. She trained in Clinical Psychology at the Salomons centre in Kent. Rachel has undertaken post-qualification training in narrative therapy, systemic practice, and EMDR. Rachel has worked with children and families in the NHS since 1994. For the past 6 years she has been joint head of the Child and Family Psychology Service for Gwent Healthcare NHS Trust. Her overarching framework for working with families and children and in her management role is systemic. She strongly believes that children's difficulties can be best understood by a developmental, normative and contextual model.

Booking

To book by phone, or if you have any queries concerning finance or administration, please ring the course administrator Cathy, on: **05601 478887**
Or email: cathy@digisec.co.uk

To pay by cheque please use the application form on page 25 of this booklet or to pay by BACS please contact Cathy for bank details.

If you require an invoice to present to your employer, please ask Cathy.

If you have any questions concerning the structure or content of the courses, which are not answered by this booklet, then please contact me.

Nigel Mills, Co-Director of *Cardiff Psychologists*
Via email: nigel@cardiffpsychologists.co.uk

Application Form

To pay by cheque please use the form below:

Name:

Address:

Telephone:

Email:

Name of course applied for:

Dates:

Current post:

Have you already completed some introductory training in CBT?

yes/no

If yes where:

I enclose a non-refundable deposit of £50 to reserve a place.

I enclose full payment of:

Please make cheques payable to Nigel Mills Ltd and send to Nigel Mills. Henton House, 28 Monk Street, Abergavenny, NP7 5NP

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EXTRACT FROM BABCP ACCREDITATION CRITERIA see:

<http://www.babcp.com/silo/files/minimum-training-standards-for-accreditation.pdf>

“The minimum number of hours study required for the cognitive/ behavioural elements of training is 450 hours of which 200 hours should be provided directly by recognised trainers through a recognised course or other programme of study.

A training log must specify the length of study, number of taught hours and record of the lecturers, tutors or mentors participating in a therapist’s training. Therapists will have conducted 200 hours of supervised assessment and therapy during training.

All therapists will have received supervision during the period of training for both assessment and therapy, carried out by an accredited CBT therapist.

Supervised practice will be subjected to formal assessment with four case studies written up (2000- 4000 words).

Assignments include: Production of a formal assessment essay, exam or research project. An understanding of evidenced based practice should be evaluated by (i) the production of an extended case report that critically discusses the research evidence or (ii) a relevant research dissertation; or (iii) a research paper to which they have contributed published in a peer review journal.

For candidates who are not pursuing a training route through a university course, it is important that they agree an independent programme of study and assessment with a Cognitive and/or Behavioural Therapist who meets the BABCP criteria for Accreditation.”

Rod Holland Chair BABCP

The courses described in this booklet can be included as an independent programme of study towards BABCP accreditation. See www.babcp.com for further details.

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May 6th	CBT as Group Therapy	Page 15
May 7th	CBT for Post Traumatic Stress Disorder: 1 Day Workshop	Page 9
May 10th and 11th	Providing CBT Supervision: 2 day workshop	Page 15
May 13th	CBT for Depression: 1 Day Workshop	Page 10
May 14th	Risk Assessment Principals and Practice: 1 day workshop	Page 14
May 20th	CBT for Panic Disorder: 1 Day Workshop	Page 10
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September 27th	CBT for Social Anxiety: 1 Day Workshop	Page 11
October 4th	CBT for Obsessive Compulsive Difficulties: 1 Day Workshop	Page 12
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October 23rd	CBT for Post Traumatic Stress Disorder: 1 Day Workshop	Page 9
November 12th and 19th	Mindfulness Based CBT for Anxiety and Depression (2 days)	Page 13
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Cardiff Psychologists

Providing Courses in Cardiff in:

Cognitive Therapy - Mindfulness -
 Motivational Interviewing -
 CBT for Children - Family Work -
 Risk Assessment - CBT Group Work -
 CBT Supervision Training

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