

CBT Workshops presents

Imagery in CBT: How to use self-representation frameworks to counter limited thinking

Presented by Dr Nicola Ridgeway, BSc, C.Psychol, ClinPsyD

General Outline of Day

MORNING SESSION 9am-12.30pm

- Registration & Refreshments (9.00am-9.30am)
- Introductions and aims of the day
- Introducing the self-self relationship
- The importance of the self-reference in information processing

11am to 11.20am Refreshments

- A cognitive, behavioural and emotional relational framework for an alternative/developed sense of self
- The self-representational framework – Empirical support

LUNCH TIME

(buffet lunch provided) 12.30pm-1.30pm

AFTERNOON SESSION 1.30pm-4.30pm

- Demonstration of the developed-self framework followed by feedback
- Clinical practice using the developed-self framework

3pm to 3.20pm Refreshments, feedback, collection of book & CD Package

- Clinical practice using the developed-self framework
- Feedback