

CBT workshops presents

An introduction to cognitive behaviour therapy: What it is and how it works

Presented by Dr James Manning, BSc, C.Psychol, ClinPsyD

General Outline of Day

MORNING SESSION 9am-12.30pm

- Registration & Refreshments (9.00am-9.30am)
- What is cognitive behaviour therapy?
- Simple formulations i.e., making links between thoughts, feelings and behaviours (demonstration followed by practice)
- 11am to 11.20am Refreshments
- Introducing thinking biases
- Importance of challenging inflexibility and thinking/fixed thinking

LUNCH TIME

(buffet lunch provided) 12.30pm-1.30pm

AFTERNOON SESSION 1.30pm-4.30pm

- Accessing and identifying limiting beliefs (demonstration followed by practice)
- Rules for living and their role in reinforcing limiting beliefs
- Bringing into question the believability of limiting beliefs
- 3pm to 3.20pm Refreshments, feedback, collection of book & CD Package
- Formulating: Introducing the longitudinal model