



The Logos Centre

Tees, Esk and Wear Valleys **NHS**

NHS Foundation Trust

5 DAY FOUNDATION COURSE: COGNITIVE BEHAVIOUR THERAPY IN MENTAL HEALTH

14, 15, 21, 22 & 23 MARCH 2011

This course is accredited by the University of Teesside

- Cognitive Behaviour Therapy is evidence-based psychological therapy, which has been recommended in NICE and international guidelines for the management of mental health problems
- this is a hands-on 5-day foundation level course on CBT in plain English
- previous training in psychological therapies is not required
- taught by experienced mental health professionals
- teaches the use of cognitive behavioural principles in day-to-day work situations
- involves a modular structure with frequent revision of taught material
- teaching material includes a wide range of case reports, handouts, demonstrated role-plays, videos and suggested reading material
- guidance on the use of CBT self-help materials

Who is the Course for:

It is suitable for anyone working with mentally unwell or distressed clients

Aims of the Course:

- to provide a strong foundation of cognitive behavioural assessment and intervention
- to prepare the candidates to deliver individual one-to-one CBT under supervision

Time:

9.15am Registration 9.30am start – 4.30 pm close

Venue:

Appletree, Lanchester Road Hospital, Lanchester Road, Durham, DH1 5RD

Location & Parking

The hospital is situated on the A691 heading towards Consett (for directions refer to www.tewv.nhs.uk)

Course Fee:

£415 to include handouts and refreshments
TEWV NHS Trust employees will need to apply for Study Leave using the Trust's Study Leave procedure & documentation

Course Details:

Tel: 0191 241 4523
Fax: 0191 245 3802
www.logoscentre.co.uk

Registration:

Registration Forms to be submitted to:-

logostraining@benchcom.co.uk
Logos Training
c/o Benchmark Communications Ltd
14 Blandford Square
Newcastle upon Tyne, NE1 4HZ



The Logos Centre

REGISTRATION FORM
FOUNDATION COURSE
Cognitive Behaviour Therapy in Mental Health
(5-Day Course)

14, 15, 21, 22 & 23 MARCH 2011

First Name(s):

Surname:

Job Title:

Email address:

Organisation and Department:

Address:

POST CODE:

Contact details:

Phone:

Fax:

Please send a cheque for £415 - payable to Benchmark Communications Ltd

OR complete registration/payment forms at www.logoscentre.co.uk

Please Note: If you cancel your booking 14 days prior to the course date, you will be refunded the course fee minus a £20 admin charge. Candidates cancelling within less than 14 days will be charged the full course fee

How did you hear about the course?

**Please indicate if you have any specific requirements:
any allergies / vegetarian or other diet / disabilities**

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