



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:**

**The Education Centre, 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](http://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](http://www.logoscentre.co.uk)

**Registration:**

Registration Forms to be submitted to:-

[logostraining@benchcom.co.uk](mailto: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**

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First Name(s):	Surname:	
Job Title:	Email address:	
Organisation and Department:		
Address:	<b>POST CODE:</b>	
Contact details:	Phone:	Fax:

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

**OR complete registration/payment forms at [www.logoscentre.co.uk](http://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

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**How did you hear about the course?**

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

Registration Forms to be submitted to:-

[logotraining@benchcom.co.uk](mailto:logotraining@benchcom.co.uk)

Logos Training  
c/o Benchmark Communications Ltd  
14 Blandford square  
Newcastle upon Tyne  
NE1 4HZ