



The Logos Centre

Tees, Esk and Wear Valleys



NHS Foundation Trust

5 DAY FOUNDATION COURSE: COGNITIVE BEHAVIOUR THERAPY IN PHYSICAL HEALTH

9, 10, 16, 17 & 18 May 2011

Cognitive Behaviour Therapy is evidence-based psychological therapy, which has many applications in the area of physical health problems.

- this is a hands-on 5 day foundation level course on CBT in plain English
- a mental health background is not required
- taught by mental health professionals with a wide experience of using CBT with medical patients.
- teaches the use of cognitive behavioural principles in day-to-day work situations
- includes the care of chronic illness and medically unexplained symptoms
- 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
- examples of success experienced in difficult situations
- guidance on the use of CBT self-help materials
- each cycle of teaching is modified according to the requirements of participants

Who is the Course for:

Suitable for anyone working with patients in acute hospitals, primary care or counselling services.

Course Requirements:

none – other than working in direct patient care

Time:

9.15am Registration 9.30am start – 4.30pm close

Venue:

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

Location & Parking:

Free parking on site. The hospital is situated on the A691 heading towards Consett (see Trust website for map www.tewv.nhs.uk)

Course Fee:

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

Course Details

Tel: 0191 241 4523
Fax: 0191 245 3802
Email: logostraining@benchcom.co.uk

Registration:

www.logoscentre.co.uk

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



The Logos Centre

REGISTRATION FORM

FOUNDATION COURSE in COGNITIVE BEHAVIOUR THERAPY
(Physical Health – 5 Day Course)

9, 10, 16, 17 & 18 May 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 apply on-line 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**

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