



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 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:**

The Education Centre, 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](http://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](mailto:logostraining@benchcom.co.uk)

**Registration:**

[www.logoscentre.co.uk](http://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**

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First Name(s):

Surname:

Job Title:

Email address:

Organisation and Department:

Address:

**POST CODE:**

Contact details:

Phone:

Fax:

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**Please send a cheque for £415 - payable to Benchmark Communications Ltd –  
OR apply on-line 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:-**

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

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