



**CBT LITE**  
**ONE DAY INTRODUCTION TO**  
**COGNITIVE BEHAVIOUR THERAPY**  
**WEDNESDAY 7 MARCH 2012**

NICE guidelines for depression recommend Cognitive Behaviour Therapy as one of the key treatment options. This course has been devised to introduce CBT in a jargon-free and user-friendly way.

- the workshop will demonstrate how CBT can benefit patients with mental health or physical health problems
- suitable for professionals, healthcare workers or anyone working directly with patients in acute hospitals, primary care or counselling services interested in understanding the principles of CBT (psychiatrists, psychologists, GPs, occupational therapists, nurses and physiotherapists)
- step-by-step guidance in using workshops, role plays, exercises and discussions
- improving skills and knowledge of Cognitive Behaviour Therapy-based assessment and treatment
- understanding collaborative formulation through CBT
- simple but effective techniques derived from clinical practice
- application of CBT knowledge to daily clinical work

- Course Tutor(s):** Janet Forster, Clinical Lead, Logos Centre
- Time:** 9.15 am Registration                      9.30 am – 4.30 pm
- Venue:** The Education Centre, Lanchester Road Hospital, Lanchester Road, Durham, DH1 5RD. The hospital is situated on the A691 heading towards Consett (for directions refer to [www.tewv.nhs.uk](http://www.tewv.nhs.uk))
- Parking:** Free parking on site.
- Course Fee:** £60 (non-TEWV)  
£25 (Trust Employees)  
(including handouts) – no lunch provided
- 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:  
Email: [logotraining@benchcom.co.uk](mailto:logotraining@benchcom.co.uk)  
Logos Training  
c/o Benchmark Communications Ltd  
14 Blandford Square, Newcastle upon Tyne, NE1 4HZ

## **REGISTRATION FORM**

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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 £60 - payable to Benchmark Communications Ltd  
OR complete the on-line 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:

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

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