



INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY

Two Day Workshop

Tuesday 28 February 2012 & Tuesday 6 March 2012

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

This 2 day workshop will introduce concepts of CBT phenomenology, formulation and techniques. The course has run several cycles with positive feedback from trainees. It is ideal for clinicians with the relevant clinical qualification who are contemplating taking CBT short cases under supervision. Lectures, experiential exercises, videos are used effectively such that most people are able to use basic principles in day to day clinical work.

- Course Tutor(s):** Janet Forster, Clinical Lead and Gill Green, CBT Therapist.
Logos Centre
- Time:** 9.15 am Registration 9.30 am – 4.30 pm
- Venue:** Education Centre, Lanchester Road Hospital, Lanchester Road,
Durham, DH1 5RD
- Location & Parking:** Free parking on site. Lanchester Road Hospital is situated on the
A691 heading towards Consett (see Trust website for map
www.tewv.nhs.uk)
- Course Fee:** £195, including handouts (no lunch provided)
- Course Details:** Tel: 0191 241 4523
Fax: 0191 245 3802
Email: www.logoscentre.co.uk
- Registration:** logostraining@benchcom.co.uk
Logos Training
c/o Benchmark Communications Ltd
14 Blandford Square
Newcastle upon Tyne
NE1 4HZ

Places are limited so please apply early

REGISTRATION FORM

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COGNITIVE BEHAVIOUR THERAPY**

Tuesday 28 February 2012 and Tuesday 6 March 2012

First Name(s):

Surname:

Job Title:

Email address:

Organisation and Department:

Address:

POST CODE:

Contact details:

Phone:

Fax:

Cheques payable to Benchmark Communication Ltd

OR pay on-line at www.logoscentre.co.uk

How did you hear about the course?

Please indicate if you have any specific requirements: