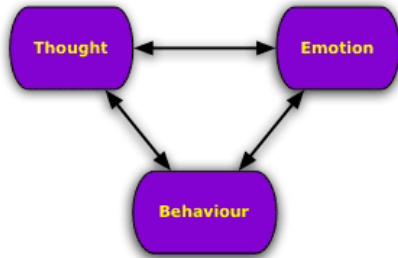


# Cognitive Behavioural Therapy



This half-day course provides an introduction into cognitive behavioural therapy (CBT). Participants will be able to learn about the techniques that replace despair with optimism and substitute optimism for fear.

## 12 things you will gain by attending

- Understand how thoughts affect the way we feel
- Assess unhelpful ways of thinking
- Respectfully challenge dysfunctional thinking
- Successfully deal with behavioural relapses
- Know how to reduce self-criticism
- Learn how to eliminate phobias
- Discover how to reduce obsessive – compulsive thoughts
- Increase your assertive behaviour
- Carry out an ABCD analysis of behaviour
- Recognise the value of being non-judgemental
- Carry out a cost-benefit analysis on unhelpful thoughts
- Be aware of the computerised CBT products