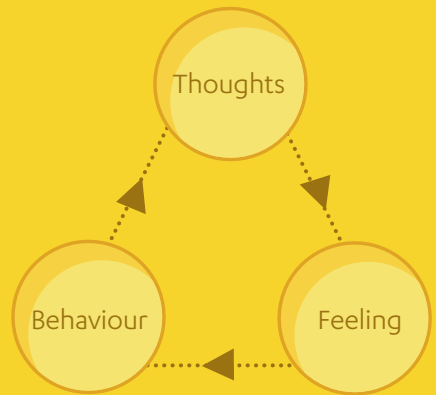


COGNITIVE BEHAVIOURAL APPROACHES TRAINING

Cognitive behavioural approaches (CBA) encompasses a series of evidence based techniques derived from cognitive behavioural therapy. On this training, delegates will learn what we feel and think determines how we act and that these thoughts can be challenged and intervened, therefore having a positive impact on behaviour. Delegates will gain the fundamental knowledge and skills in the delivery of CBA which can be applied to any behaviour change including but not limited to substance use, mental health, housing, employment, diet and exercise.

COURSE CONTENT

- What is cognitive behavioural approaches/therapy
- Thoughts feelings behaviours cycle
- Challenging negative automatic thoughts
- Cognitive behavioural skills and techniques
- Real life case studies



All delegates receive a delegate pack and a USB memory stick with training materials.



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