

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

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Includes a complimentary lunch, plenty of refreshments, training pack and a USB stick with training materials and extra resources

Parking nearby and just minutes from Eastleigh train station

DATE:

Wednesday 5 April 2017

9:30am - 4:30pm

Wessex House, Eastleigh,
SO50 9FD

Cost: £159



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 **STACEY MILLER**
CONSULTANCY
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