

Cognitive Behavioural Therapy (1 Day)

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- **Meaningful relationships**
- **Premium quality services**
- **Innovation** – we are always looking for ways to add more value to our clients
- **Accountability for our performance**

For more information about our suite of solutions, please contact:

PRIMEXL

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This one (1) day course will provide an introduction to the principles of Cognitive Behavioural Therapy (CBT). While it assumes prior experience in the fields of counselling or psychotherapy it does not require other specific knowledge. By the end of the course participants will be in a position to begin to apply the principles of this approach in their practice.

At the completion of this workshop participants will be able to:

- Carry out a CBT assessment to derive a formulation and treatment plan
- Formulate the presenting problem in the ABC model
- Understand the link between cognition and behaviour
- Understand ways to refute irrational beliefs
- Set appropriate homework tasks
- Evaluate client progress

Who Should Attend?

- Social workers
- Psychologists
- Rehab Consultants
- Youth Workers
- Nurses
- Doctors
- Other helping professionals

Dates

Tuesday 23rd March 2010
Wednesday 11th August 2010

Investment \$253