

# **Cognitive Behavioural Therapy - Advanced level**

**This is a 3-day course spread over several weeks.**

**Daily times 10am – 4pm.**

**Cost: €330.**

## **Who is this course for:**

Participants who have completed the Foundation Level Cognitive Behavioural Therapy (CBT) course.

## **Aim:**

To provide participants with opportunities to increase their theoretical knowledge of CBT and to practice their therapy skills through case presentation, supervision and role play.

## **Learning Outcomes:**

Participants completing this course will gain:

- Greater understanding the dynamics of good mental health.
- A knowledge of complex psycho dynamics into a jargon free format
- Awareness of complex mental health issues and an ability to put them into a simple framework from which specific problems can be identified.
- Practical CBT skills which can be used in treating these problems.
- Increased understanding of the interrelation of CBT and medication in tackling the more serious mental health issues.

## **Course contents:**

- Overview of CBT
- Therapy skills
- Situational, social anxiety
- Depression
- Overcoming resistance

## **Dates for 2009**

*Autumn 2009*

- Monday November 8th + Monday November 22nd + Monday Dec 6th

**To apply for these courses please contact Edel at the training office on 01 524 0931.**