

Cognitive Behavioural Therapy - Foundation Level

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

Daily times 10am – 4pm.

Cost: €330.

Who is this course for:

Project workers, health care workers, community workers and others who work with people using direct one - to-one interventions. This course provides a basic understanding of CBT and offers participants tools to apply to their work place.

Aim:

To provide brief practical cognitive-behavioural interventions that can be used within drugs and homeless services.

Learning Outcomes:

Participants completing this course will gain:

- An understanding of the dynamics of good mental health from a CBT perspective.
- A systematic and practical structure for working with clients from a CBT orientation.
- Psychosocial intervention skills to enhance the participant's ability to interact with people attending homeless & drug services.
- Practical case work examples to enhance their learning.

Course contents:

- Dynamics of emotions
- Sustaining neurosis and addiction
- Panic attacks
- Anxiety and depression
- Addictions

Dates for 2009

Autumn 2009

- Monday September 27th + Monday October 11th + Tuesday October 26th

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