



Practitioners Certificate in Cognitive Behavioural Therapy (CBT)

Equips participants with the necessary theoretical and clinical understanding of the CBT approach to counselling.

Introduction

This four-day certificate in Cognitive Behavioural Therapy (CBT) is run over four Sundays in March and April. Covering the broad areas of theory, assessment of presenting problems, disputation of irrational beliefs, and homework, the aim of the course is to equip participants with the necessary theoretical and clinical understanding of the CBT approach to counselling and psychotherapy.

Course Content

Participants will learn the history of CBT. Assessment of a problem will be explored, and participants will learn how to identify rational and irrational beliefs. Participants will be taught the different types of disputation in CBT. They will learn how to dispute irrational beliefs at a logical, empirical and pragmatic level. The role of homework will be explored in detail. Having identified the need to develop and strengthen rational beliefs, participants will be given the skills required to help their clients achieve same.

Award: Certificate of Attendance and Participation. **CPD:** 30 hours

Cost: €495.00 (Reduced rate for IICP Students /Alumni and VCS Counsellors: €420.75)

Dates: Sunday, 25 March 2018, 8 April 2018, 15 April 2018, 29 April 2018

Time: 09.00am to 5.00pm

Facilitator: Paula Lawlor IICP CPD Lecturer

MA, Dip. REBT, An Organisational Psychologist and Cognitive Behavioural Psychotherapist, Paula has both Bachelors and Masters Degrees in Psychology and a professional qualification in REBT (the first form of CBT). She studied under Windy Dryden (Professor of Counselling, Goldsmiths College, University of London) and has been in private practice for 21 years.

Paula is a founder member of the Institute for Cognitive Behaviour Therapy (ICBT) and currently holds the position of Director of Professional Affairs.

For further information call 01 4664205 or to book on line visit www.iicp.ie/cpdcourses/cbt/