

Cognitive Behaviour Therapy Workshop

Course Code TD01A42B



Venue: **Room**

Hyde Park House
Mutley Plain
Plymouth
Devon

PL4 6LF

Start Date: 27 May 2021

End Date: 27 May 2021

Sessions: 1

Day(s): Thursday

Start Time: 14:00

End Time: 16:00

Cost of course: Free

How do I enrol? You can enrol online at www.oucoursesouthwest.co.uk or call our friendly customer service team on 01752 660713 who will happily take your enrolment.

Tell me about the course The learner will gain an understanding of the history of CBT and the benefits of this mode of therapy. The learner will understand how a person's life events can create coping strategies that are often not helpful. In gaining an understanding of the link between thinking, feeling and behaviour the learner will understand how CBT can be an affective form of therapy in changing negative thought processes.

How will this course be delivered? You will be working with your tutor and other learners in the classroom.

We've made all of our venues covid secure. When you learn with us, you can be confident that we are doing everything necessary to protect our staff and learners from Covid-19.

With the return to classrooms, we will provide Covid testing for both staff and learners. These tests are easy to use and provide quick results.

How will I know I'm making progress? At the beginning of the session, your tutor will share with you the objectives which will give you an opportunity to think about your individual aims for the session. At the end of the session, you will have time to share your experience and reflect on what you learned.

What will I need for the course? Please bring a pen and notepad.

Progression Look out for information regarding follow on courses. Learning Advisers will be happy to provide you with information on your next steps after this course. Visit our website at www.oucoursesouthwest.co.uk or contact us on 01752 660713 to discuss or to make an appointment.

Please Note: Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered. Room numbers are subject to change - please check when you arrive at the venue.

ON COURSE SOUTH WEST
HYDE PARK HOUSE, MUTLEY PLAIN, PLYMOUTH, PL4 6LF

Tel: 01752 660713

www.uncoursesouthwest.co.uk



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