A little less conversation, 
a little more action please! 
Using behavioural experiments in 
CBT

Introduction and content:

Behavioural experiments are one of the most powerful means to cognitive change and are now used in all contemporary CBT approaches. This workshop will help participants to effectively use behavioural experiments with their clients and will describe: when to and how best to set the cognitive platform for behavioural experiments; how to engage people in taking the most from the experiments; and how to maximise learning from experiments to help people reach their goals.

Learning objectives:

- Understand the theory behind behavioural experiments
- Be able to set up and do behavioural experiments
- Be able to learn from them and plan next steps
- How to use a standard behavioural experiment form
- Be able to overcome some difficulties with behavioural experiments

Training modalities

There will be videos of behavioural experiments both inside and outside the therapy office. Participants will be given an opportunity to reflect on their own work and to discuss how to overcome obstacles to effective use of behavioural experiments.

Key reference:

Dr Nick Grey
Sussex Partnership NHS Foundation Trust

Wednesday, 12th June 2019
Venue: University of Reading

About the presenter:
Nick is a Consultant Clinical Psychologist and Clinical Research and Teaching Fellow at Sussex Partnership NHS Foundation Trust. He is a BABCP-accredited practitioner, supervisor and trainer. He is the co-editor of ‘How to become a more effective CBT therapist’ (2014, Wiley), and co-author of ‘Manage Your Mind’ (2018, OUP).

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Cost of 1-day workshop:
£130 including lunch

All workshops, unless otherwise indicated are intended for a cross/mixed ability audience, and are held local to Reading