Introduction:

This 4-day module provides a thorough background to the fundamentals of cognitive behavioural therapy, and the role of evidence-based interventions within the NHS. On completion of this module students will have a detailed understanding of the generic approach to CBT, and be ready to be trained in disorder specific models and interventions. *No previous CBT knowledge is needed.*

To augment learning delegates are invited to select an additional 1 day of training from the CWI workshop programme to supplement and increase CBT knowledge.

**Cost:** £700 (to include additional 1 day workshop)

**Content:**

This module begins with cognitive theory and how it has evolved into a psychological intervention. This knowledge is then applied to the development of clinical formulations for the understanding of mental health problems. The varied levels of formulation are considered, along with the associated clinical issues of putting these into practice. Teaching takes the form of lectures/small group work, audio/video-tape, role-play exercises and discussion. The course will cover:

- Introduction to evidence-based psychological treatment
- Introduction to cognitive behavioural theory (Abramson, Ellis, Beck)
- Case formulation the evidence-based way
- Characteristics and structure of cognitive behavioural therapy
- Identifying and addressing negative automatic thoughts
- Identifying and addressing dysfunctional assumptions and core beliefs using behavioural experiments

[www.reading.ac.uk/charliewaller](http://www.reading.ac.uk/charliewaller)
cwi@reading.ac.uk
Aim:

The aim of this module is to:

- develop an understanding of evidence-based psychological treatments and the importance that this occupies in the provision of therapeutic services
- understand the role of the National Institute for Health and Clinical Excellence.
- provide an introduction to evidence-based psychological treatments and the particular importance of cognitive behavioural therapy in the treatment of various Axis I disorders.
- train students to understand cognitive behavioural theory, and key therapeutic strategies such as the use of personalised formulation, thought diaries and behavioural experiments

Learning objectives:

Students will be able to demonstrate the ability to:

- critically evaluate therapies to establish their level of evidence and the resultant level of recommendation by the National Institute for Health and Clinical Excellence
- use personalised formulations, behavioural experiments, and thought records appropriately and effectively.
- understand the interface between research, clinical practice and the policies endorsed by the National Health Service.

For further information contact the Charlie Waller Institute:
cwi@reading.ac.uk
Tel: 0118 378 7537

Charlie Waller Institute
School of Psychology and Clinical Language Science
University of Reading
RG6 6AL
http://www.reading.ac.uk/charliewaller

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cwi@reading.ac.uk

Cost of 4-day Module: £700

Cost is inclusive of lunch and an additional 1-day workshop, to be selected at the time of booking, from CWI Workshop programme.

For further details of the CWI workshop programme visit https://www.reading.ac.uk/charliewaller/cwi-workshops.aspx