



Certificate in Cognitive Behavioral Therapy

COURSE INTRODUCTION

The Course is a six day certificate in Cognitive Behavioural Therapy. The aim of the course is to equip participants with the necessary theoretical and clinical understanding of the CBT approach to counselling. The course content can be broken into four broad areas.

- ⊙ Theory
- ⊙ Assessment of Presenting Problems
- ⊙ Disputation of Irrational Beliefs
- ⊙ Homework

Clinical practice will form an integral part of the training.

Section One:

Participants will learn the history of CBT with emphasis on Beck's Cognitive Therapy and Ellis' Rational Emotive Behavioural Therapy.

Participants will gain an understanding of the psychology behind the CBT model and it's clinical application in today's climate.

Difference in counsellor style will form an integral part of this phase of training.

The importance of the counsellor as educator will be discussed.

Ellis' ABC Model will be explored in detail and participants will learn how to explain the model to clients in a variety of ways.

Section Two:

Assessment of a problem will be explored in the second phase of training.

The different classifications of irrational beliefs will be explained and discussed. (i.e. inferences, evaluations etc).

Trainees will learn how to identify rational and irrational beliefs and will clearly understand the difference between healthy and unhealthy emotions.

The impact of thinking on emotional disturbance will be further discussed and explored.

At this stage of training, Participants will begin to apply the ABC model to some of the presenting problems they identify.



Section Three:

At this stage of training, 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. They will be taught how to assist their client's in disputing their irrational thoughts and beliefs. The integration of Alternative Rational Beliefs will be introduced to students and they will be given opportunity to practice these skills in class through triad work and round robins.

Section Four:

The role of homework will be explored in detail in this section. Having identified the need to develop and strengthen rational beliefs, trainees will be given the skills required to help their clients achieve same. Students will learn how to develop both written and behavioural assignments to address the identified issues. These homework assignments will focus both on disputing the irrational beliefs and consolidating the rational beliefs. Effective planning strategies will also be explored. Method of teaching will include: Formal Lecture, Small Group Work, Triads, Round Robins, Videos, Reading Assignments, Case work.

ENTRY REQUIREMENTS:

Professional or personal interest in the area of Cognitive Behavioural Therapy.

VENUE

IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24

COST:

€850.00 (costs are inclusive of training, materials and group supervision)

SCHEDULE OF DATES:

Day 1: Monday 8th February 2010 9.30am – 4.30pm

Day 2: Monday 22nd February 2010 9.30am – 4.30pm

Day 3: Monday 22nd March 2010 9.30am – 4.30pm

Day 4: Monday 12th April 2010 9.30am – 4.30pm

Day 5: Monday 26th April 2010 9.30am – 4.30pm

Day 6: Monday 10th May 2010 9.30am – 4.30pm



**CERTIFICATE IN COGNITIVE BEHAVIORAL THERAPY
- APPLICATION FORM (February 2010)**

Full Name: _____

Address: _____

Tel No: _____

Email : _____

Occupation: _____

Deposit of €250* Enclosed

Cheques/postal orders to be made payable to IICP Education and Training

*Course Fees are non-refundable. Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due on Monday 1st February 2010. Cancellations must be made five working days in advance, or the course fee will be charged. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above. Places are limited

Signed: _____ **Date:** _____

Applications to: Ms. Gloria Fitzpatrick, IICP Education & Training, Room 5, Killinarden Enterprise Park, Dublin 24

For further information contact:

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