

CBT for the Anxious Mind

September 2019

INTRODUCTION

Anxiety is part of everyday life for many people and some of us are more prone to anxiety than others. This workshop will explore the ways in which our thinking contributes to our anxiety levels. It will share how CBT can be used to change our thinking and calm our anxiety.

COURSE CONTENT

The course will cover:

How do we know we are anxious – signs and symptoms.

Distinguishing between different types of anxiety.

The thought patterns underlying anxiety – what's going on in the anxious mind?

How to identify anxious thoughts.

Challenging and changing the thinking that causes anxiety.

Practice makes perfect – designing practical exercises to put the new thinking into action.

WHO SHOULD APPLY

This course will be of interest to mental health professionals and students who are interested in learning more about the subject area.

AWARD

Certificate of Attendance and Participation

FACILITATOR



Paula Lawlor
MA, Dip. REBT.

Paula is a Chartered Psychologist and Cognitive Behavioural Psychotherapist. Paula holds both a BA and MA Degree in Psychology and a professional qualification in REBT (the first form of CBT). She studied under Windy Dryden (Prof. of Counselling, Goldsmiths College, University of London) and has been in private practice for 21 years. Paula is a founding member of the Institute for Cognitive Behaviour Therapy (ICBT).

CPD

6 Hours

COST

€95

15% discount for IICP Students / Alumni and VCS Counsellors: €80.75*

**This course is part of IICP's Summer Series and eligible for our 3 for 2 offer. The discount for IICP Students / Alumni and VCS Counsellors cannot be used in conjunction with the 3 for 2 offer.*

DATE & TIME

Sunday 08 September 2019

9:30am – 4:30pm

VENUE

IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24

APPLY

Visit us online:

www.iicp.ie/summerseries2019

OR

Complete the application form overleaf

Application Form

Please note, in order to process your application, all fields need to be completed.

PLEASE USE BLOCK CAPITALS

PERSONAL DETAILS

First Name:	Surname:
Name as it should appear on certificate (if different):	
Address:	
Mobile No.:	E-Mail Address:
Occupation:	
IICP Student / Alumni or VCS Counsellor (yes/no): (if yes, state course or student number):	

How did you find out about this Course? Please tick the appropriate box below:

- | | | |
|---|--|--|
| <input type="checkbox"/> Activelink | <input type="checkbox"/> Newspaper Advertisement | <input type="checkbox"/> Professional Body |
| <input type="checkbox"/> Google/Internet Search | <input type="checkbox"/> Online Course Directory | <input type="checkbox"/> Social Media |
| <input type="checkbox"/> IICP Mailing List | <input type="checkbox"/> Personal Recommendation | <input type="checkbox"/> Other |

If other (please specify):

PAYMENT METHODS:

Online: pay securely online at www.iicp.ie/product/summerseries2019

Debit/Credit Card: contact the office on 01 466 4205

EFT Payment: BIC/Swift Code - AIBKIE2D IBAN - IE16AIBK93213212752502

Cheque/Postal Order/Bank Draft Enclosed: make payable to IICP Education and Training Limited

Cash Enclosed:

Please note that bookings operate on a first paid, first secured basis so please book and pay promptly to avoid disappointment.

I wish to apply for this course:

Signed:	Dated:
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All programmes are run subject to sufficient demand and the formation of a viable class cohort (which shall be determined in the sole discretion of IICP College). A refund of any fees paid will be given to applicants in the event that the programme does not proceed. Fees are not refundable in any other circumstances.

Receipts will be made available to you/your organisation on receipt of payment. Please note all fees are due in advance of programme commencement.

IICP College would like permission to retain your contact details including your mobile number and email address which may be used to keep you informed about our future courses, events, offers and news.

To receive such information, please tick the box. You can unsubscribe at any time.

Completed forms can be emailed to Triona@iicp.ie or posted to Triona Kearns, Director of Registry & Operations, IICP College, Killinarden Enterprise Park, Tallaght, Dublin 24. Alternatively, completed forms may be dropped into the IICP College office in person.