



## Introduction to the use of Cognitive Behavioural Therapy in Clinical Settings

Introductory course suitable for all staff working with patients:

- Basic principles of CBT and how it works
- How and why CBT fits within rehabilitation
- How to recognise when patients need to be referred for CBT
- The benefits of CBT within rehabilitation
- To consider how to use CBT principles and how to link with your own practice

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Live session: Tuesday 1<sup>st</sup> March 2022

Time – 2.00pm – 5.30pm

Cost: £60.00

**Including 3.5 hours of pre-recorded lectures/webinars to watch before the live session**

**We recommend that you attend the Introduction to CBT before commencing to any other our CBT courses (CBT in Chronic Pain, CBT in Trauma, CBT in Children)**

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to book and pay online visit our website:

[www.pulvertafthandcentre.org.uk](http://www.pulvertafthandcentre.org.uk)

**Speakers:** **Vicky Lucas** – RMN, CBT Psychotherapist, EMDR Therapist  
**Jemma Richmond** - CBP Therapist, EMDR Practitioner, and Specialist Neurodevelopment Practitioner