



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

Live session: Tuesday 19th March 2024

Time – 2.00pm – 5.30pm UK Time

Cost: £80.00 (early bird booking £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)

to book and pay online visit our website:

www.pulvertafthandcentre.org.uk

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