



# Introduction to the use of Cognitive Behavioural Therapy in Patients with Hand Conditions and Injuries

Introductory course suitable for all staff working with patients with hand conditions and injuries:

- Basic principles of CBT and how it works
- How and why CBT fits within hand rehabilitation
- How to recognise when patients need to be referred for CBT
- The benefits of CBT within hand rehabilitation

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Live session: Friday 30<sup>th</sup> April 2021

Time – 2.00pm – 5.30pm

Cost: £60.00

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

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to book and pay online visit our website:  
[www.pulvertafthandcentre.org.uk](http://www.pulvertafthandcentre.org.uk)

Speakers: **Vicky Lucas** - CBT Psychotherapist at Pulvertaft Hand Centre  
**Jemma Richmond** - CBP Therapist, EMDR Practitioner, and Specialist Neurodevelopment Practitioner