

Change at the heart: working with core beliefs and rules for living through CBT.

Cognitive Behavioural Therapy skills workshop, Nottingham, 22nd October 2010 in association with East Midlands British Association of Behavioural and Cognitive Psychotherapy.

Workshop description: patients' problems are frequently driven by unhelpful core beliefs and rules, and working with these structures is often challenging, and not always well covered in recent training courses. This workshop will aim to up-skill participants in this area of work: there will be a small amount of theory, but mostly participants will practice skills and receive structured feedback from the tutor and the group.

Workshop objectives:

- 1) Participants will describe the circumstances in which working with core beliefs and rules are advisable.
- 2) Participants will be able to identify core beliefs and rules across diagnoses, and will be able to describe the relationship between the two constructs.
- 3) Participants will practice using the 'Changing the rules' form and will improve their skills with this.
- 4) Participants will practice in role play using behavioural methods in this area and improve their skills.
- 5) Participants will practice in role play using cognitive methods in this area and improve their skills.
- 6) Participants will practice in role play using experiential methods in this area and improve their skills.

Workshop Facilitator: Philip Kinsella is a lecturer in CBT at Nottingham University, a CBT author, a clinician with 12 year's experience, and a BABCP accredited trainer and supervisor. He will aim to make the workshop fun, practical and informative.

Workshop suitability:

The workshop should be suitable for any clinician who wishes to develop practical skills with deeper held beliefs.

Practical details; The workshop will be held in the attractive setting of:

The Lace Mill, Wollaton Road, Beeston, Nottingham, NG9 2NN.

It is advisable to park in Beeston car park at the bus station, though you could park on a side street. The venue is a five minute walk up Wollaton Rd on the right hand side; it is therefore very accessible by bus. It is also a ten minute walk from Beeston train station.

The workshop will be from 9.15 to 4.45 on Friday 22nd October. Doors will open at 9.00. A buffet lunch is provided as are CPD certificates.

The cost is £90 for BABCP members (please provide membership number), and £100 for non-members.

Payment by cheque should be made to 'Philip Kinsella', at 15 Farm Rd., Beeston, Nottingham, NG9 5BZ.

Please provide an email address for confirmation, and sending of receipt.

Payment will be accepted on the day. However as places are limited, then it is best to book in advance because if the venue is full it will not be possible to admit people beyond the limit of the room.

If you require further information ring Philip on 07956273179.

Looking forward to seeing you there!!