



# Cognitive Behaviour Therapy - A Skills Based Learning Initiative.

## PNA HQ: Register Your Interest!

045 852300 or [info@pna.ie](mailto:info@pna.ie)

### Aims of the workshop include:

1. To equip participants with an understanding of the clinical context and application of CBT
2. To provide an outline of The Original Model of Cognitive Therapy
3. Application of Cognitive Behaviour Skills
4. Using the therapeutic relationship in CBT
5. Assessment & Formulation:
6. Working with cognitive content and processes
7. CBT for Depression and Anxiety

### 5 Full Days

**11<sup>th</sup> & 18<sup>th</sup> February**

**24<sup>th</sup> & 31<sup>st</sup> March**

**21<sup>st</sup> April**

**2012**

### **Co-Ordinator:**

**Mr Gerry Kenneally(MABCP)**

**Price €250 Total**

**Includes all Course Material**

**Bord Altranais Category 1 Approved**