

Topics covered on workshop will include:

- Depression
- Anxiety
- Addictions
- Phobias
- Obsessions/OCD

The time, the place...

The venue: The Centre for Counselling & Psychotherapy Education, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE. Tel: 020 7266 3006.

The dates: 7th – 9th May 2010

The times: 11-5 Fri, 10-5 Sat & Sun

The cost: £305 including training manual.

For more information: Telephone 01525 840871 or 07762 738238.

How to book: A cheque for £305 will guarantee your place. Alternatively a deposit of £150 (£90 of which is a non-refundable and non-transferable) Balance payable on the day. Please make cheque payable to **L. Somerfield** and send to 61 Church St., Lidlington, Beds, MK43 0RJ including your contact details. Or pay by bank transfer – email for details.

There is a kitchen where you can eat lunch, make tea, coffee, etc.

After a career in advertising I was drawn to the world of psychotherapy, graduating in 1998 with a Diploma in Transpersonal Counselling & Psychotherapy followed by a Masters Degree in Transpersonal Psychotherapy and Diplomas in Supervision and Advanced Psychotherapy.

I now have a busy psychotherapy practice operating from Central London and from my home in a Bedfordshire village. I am on the staff of CCPE as a facilitator and supervisor and I work privately as a supervisor and workshop leader. I run regular weekend workshops on a variety of topics – from more esoteric/transpersonal subjects such as Working with Addictions from a Transpersonal Perspective, Gestalt and the Transpersonal, Psychology and the Chakras, Integrating Cognitive Behavioural Therapy and Integrating Transactional Analysis.



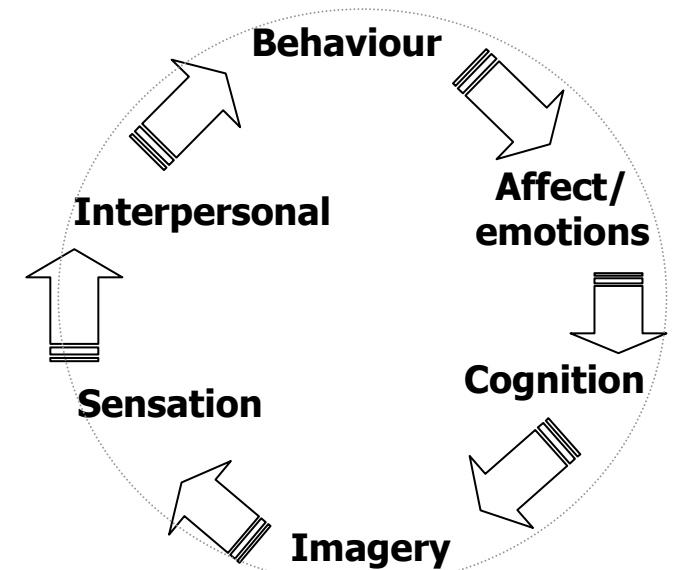
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INTEGRATING CBT



Multi Modal CBT
3 day workshop
with Lynn Somerfield

Fri 7th – Sun 9th May
£305
including training manual

MBACBT (Member British Association of
Cognitive and Behavioural Therapists),
UKCP Accredited,
MBACP

What is CBT?

Although (according to research results) no one form of therapy is better than any other, in terms of measurable results, CBT (Cognitive Behavioural Therapy) is one of the most successful forms of psychotherapy. Because it has been – and can be – measured, CBT has become the ‘therapy of choice’ for many funded organisations and the NHS.

“Cognitive” means “thought processes”, “knowledge” or “perception”. CBT combines Cognitive Therapy (which teaches how certain thinking patterns cause symptoms) with Behaviour Therapy (which helps weaken the connections between difficult situations and standard, knee-jerk reactions).

Cognitive Behavioural Therapists emphasise the need to examine your thoughts and beliefs and help you to explore how these are connected to your moods, physical experience, behaviour and the events in your life. In other words, your perception of an experience has a powerful impact on the outcome (“*life tends to turn out the way we expect it to*” – and that’s why!).

Multi Modal CBT can help you to identify distorted core beliefs, automatic thoughts, moods, dysfunctional behaviour and unwanted physical reactions. You can learn how to test the validity, meaning and usefulness (or other-wise!) of some of your thoughts, become conscious of distorted beliefs, learn to change ingrained thought patterns and dysfunctional behaviour, gain control over your moods and problematic ways of relating.

When is CBT useful?

Hundreds of studies by research psychologists and psychiatrists emphasise why CBT is the preferred treatment for conditions such as:

- **Chronic anxiety**
- **Substance abuse**
- **Depression & mood swings**
- **Post-traumatic stress disorder**

- **Shyness/social anxiety**
- **Assertiveness**
- **Panic attacks & phobias**
- **Obsessions/compulsions**
- **Eating disorders**
- **Sleep disturbances**
- **Managing strong feelings**
- **Inappropriate inhibition of feelings**
- **Relationship issues**
- **Self esteem difficulties**
- **Procrastination**

The workshop

My focus will be on teaching interventions and techniques with only a little CBT theory. I aim to make the workshop part-lecture, part-experiential and a lot of information will be imparted – so be prepared for hard work! I will provide generous handouts to enable participants to refer back to the weekend’s learning as they put the techniques into practice. I will introduce participants to a multi-modal assessment model based on techniques pioneered by Albert Ellis, Aaron Beck, Carl Rogers and A.A. Lazarus.

I have chosen to present the multi-modal model because:

- a) It fits well with the transpersonal model and
- b) An individual might respond in a number of different ways to a stimulus (or event).

This explains why, for example, behavioural interventions are sometimes ineffective because the client’s associated *thoughts and images* might need to be dealt with before the *behaviour* can be addressed.

This broad-spectrum, holistic model will enable you to ascertain your client’s preferred modality - emotional, behavioural, visual, thinking or sensation - and tailor the treatment plan accordingly.

We will explore:

- ❖ a number of ways problems can present themselves in each modality
- ❖ techniques and interventions appropriate for that modality.
- ❖ how the modalities have a ‘firing sequence’
- ❖ how to track that sequence and choose the appropriate modality for an optimum therapeutic outcome.
- ❖ the indications and contra-indications for treatment.

Here’s a broad outline of the topics we will cover within each modality:

- ❖ **Cognitive modality:** how negative thoughts, faulty inferences and misconceptions can lead to emotional disturbance; how to name these, help clients to recognise and challenge them.
- ❖ **Imagery modality:** we will see how images (and not necessarily events) can lead to negative emotions and anxiety; we will learn effective imagery techniques.
- ❖ **Behavioural modality:** We will learn about distorted behavioural responses to feared stimuli (obsessions and compulsions, etc.,) and how graded exposure, habituation and other CBT techniques help.
- ❖ **Sensory modality:** we will experiment with interventions and techniques to alleviate symptoms using techniques such as hypnosis and progressive relaxation.
- ❖ **Affect modality:** The word affect is widely used in psychology for feeling or emotion. This modality is integrated into the others because – using this model - affective (emotional) reactions are addressed using the other modalities.

This is primarily a multi modal CBT workshop but I do respond to a need for an Integrative approach. I therefore intersperse the workshop with ideas and interventions drawn from a variety of other models, such as Transactional Analysis, Gestalt and Process Oriented Psychotherapy.