

Topics covered on the seminar

How to recognise and deal with :

Self Defeating Core Beliefs

Negative Automatic Thoughts

Distorted Thinking

Behavioural Problems

Depression

Anxiety

Addictions

Phobias

Obsessions/DCD

Panic Attacks

And more

You will leave this seminar being able to say that you use CBT!

A Certificate of Attendance is provided at the end of the workshop.

The venue: The Centre for Counselling & Psychotherapy Education, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE. Tel: 020 7266 3006 (please do not use this number to book the workshop - use details below).

The dates: Friday June 11th— Sunday 13th 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 the address below, including your contact details. Or pay by bank transfer – email for bank details.

There is a kitchen where you can eat lunch, make tea, coffee, etc. and lots of cafes and restaurants close by.

For more information about Lynn Somerfield, go to www.lynnsomerfield.co.uk

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Lynn Somerfield

If you only have a hammer, you'll treat everything like a nail. (A. Maslow)

CBT in your toolkit



3 day seminar to help integrate CBT into your practice—£305 including training manual
Fri June 11—Sun June 13

What is CBT?

"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 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 recommended by NICE as the preferred treatment for conditions such as:

- **Chronic anxiety**
- **Substance abuse**

- **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 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 a training manual to enable participants to refer back to the weekend's learning as they put the techniques into practice and attendees can use the material provided as client handouts following the workshop.

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). The mode of response 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. We will also look at the indications and contra-indications for treatment.

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 and my aim is to respond to a need for an Integrative approach, so that therapy does not need to become an either CBT or not-CBT scenario. Where appropriate, I intersperse the workshop with ideas and interventions drawn from a variety of other models, such as Transactional Analysis, Gestalt and Process Oriented Psychotherapy.

The group is limited to a maximum number of 16 attendees, so early booking is recommended to avoid disappointment.