



## Training course

### **COGNITIVE BEHAVIOURAL THERAPY**

***For counsellors already trained within a non-CBT modality***

***November 2010 – June 2011***

***Drake House, 44 St George's Road, Wimbledon SW19 4ED***

CBT has a wealth of evidence as an effective treatment for depression, anxiety, phobias and a range of other presentations. Wimbledon Guild Counselling Service will be providing this course which aims to teach CBT skills to counsellors who have a primary training in another counselling modality.

The course is aimed at counsellors and therapists who are already trained to diploma level or above within a non-CBT modality, and who have an interest in extending the range of their therapeutic knowledge and skills. The course aims to show how the theory and practice of CBT interfaces with the other major modalities, and to teach the relevant skills of CBT in a way that respects the thinking and practice of other counselling orientations.

The course will run over 7 days, between November 2010 and June 2011. It will be led by Dr Adrian Hemmings, D.Phil, C.Psychol. AFBPsS, UKCP, Psychologist and Psychotherapist and will be held at Drake House, the Guild's Training Centre at the rear of Guild House in central Wimbledon. A certificate of attendance will be awarded at the end of the course.

**Dates:** Tuesdays & Fridays between 9.30am - 4.00pm on 3/11/10; 17/12/10; 01/02/11; 18/03/11; 03/05/11; 27/05/11; 14/06/11.

**Fees:** Full Course: £320 for Non-Guild Counsellors ; £280 for Guild Counsellors. Fee includes tea and coffee. Lunch will not be provided.

**Payment Terms:** Payment in full or a £100 deposit (of which £50 is non-refundable) with the booking form. The balance to be paid by 1st November 2010 (no reminders will be sent) as a single payment, or by two equal cheques one current, the other post dated to 1st Feb 2011.

**Cancellations:** For cancellation up to four weeks before the course starts, payment will be refunded less £50. No refunds will be given after 1st November 2010.

**To book:** Send booking form and cheque payable to *Wimbledon Guild* to: Training Coordinator, Wimbledon Guild Counselling Service, 30-32 Worple Road, Wimbledon, London SW19 4EF. For further information call: 020 8296 0030.

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Please reserve my place on the CBT training commencing 23/11/10 finishing 14/06/11

Name \_\_\_\_\_

Address \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

Where did you hear about this course? \_\_\_\_\_

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