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Practitioners Certificate in Cognitive Behavioural Therapy (CBT)

Equips participants with the necessary theoretical and clinical understanding of the CBT approach to counselling.

Introduction

This four-day certificate in Cognitive Behavioural Therapy (CBT) is run over four Sundays in May. Covering the broad areas of theory, assessment of presenting problems, disputation of irrational beliefs, and homework, the aim of the course is to equip participants with the necessary theoretical and clinical understanding of the CBT approach to counselling and psychotherapy.

Course Content

Participants will learn the history of CBT. Assessment of a problem will be explored, and participants will learn how to identify rational and irrational beliefs. Participants will be taught the different types of disputation in CBT. They will learn how to dispute irrational beliefs at a logical, empirical and pragmatic level. The role of homework will be explored in detail. Having identified the need to develop and strengthen rational beliefs, participants will be given the skills required to help their clients achieve same.

Award: Certificate of Attendance and Participation. **CPD:** 30 hours

Cost: €495.00 (Reduced rate for IICP Students /Alumni and VCS Counsellors: €420.75. A €200.00 deposit can be paid to secure your place on this course, with the balance due before the course commences.)

Intakes:

- **Spring 2021** – Starting Sunday 9th May 2021

Time: 4 Sundays from 9.30am to 4.30pm

Facilitator: Philip James, CPD Facilitator

MSc. (Hons), Dip, REBT, RPN, MAREBT, MICBT, ACRA.

Philip trained as a psychiatric nurse in Dublin 1999 and was appointed as the first Clinical Nurse Specialist in Adolescent Substance Misuse in 2006. He completed a Master's Degree in 2005 and is a qualified Rational Emotive Behavioural Therapist and an accredited member of the Association of Rational Emotive Behaviour Therapy in the UK and The Institute for Cognitive Behavioural Therapy in Ireland. In addition to his clinical work he has been involved in a number of research projects and publications as well as teaching on a variety of courses up to Master's Level.

For more details please visit our website: www.iicp.ie/cpdcourses/cbt/

Or contact:

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