



Workshops

Multi-Modal Cognitive Behavioural Therapy

Let's start by looking at why CBT should be an essential part of your therapist skill set...

- It's effective and it's in demand.
- It can be integrated into your own way of working.
- CBT receives more column inches and airtime than any other type of therapy and this is reflected in enquiries from potential clients.
- NICE recommends CBT.
- Employee Assistance Programme providers and insurance companies look for it when referring clients.

So if you don't want to turn away clients and you'd like to become a more effective therapist, adding CBT skills to your current repertoire will help.

What is CBT useful for?

Depression | Anxiety | Relationship issues | Emotional regulation | OCD/Phobias | Sleep disturbances | Addictions | Mood swings | Shyness | Social anxiety | Self-esteem issues | Substance abuse | Assertiveness | Panic attacks | Trauma | Eating disorders | Recurrent negative thoughts | Self-defeating behaviour...

...and much more!

Who is this workshop aimed at?

This workshop is designed for psychotherapists and psychotherapists-in-training, counsellors and student counsellors, life coaches and other interested parties including members of the public.

For fellow professionals, the multi-modal CBT model I teach is easy to use within an integrative approach and delivers an added-value aspect which enables a finely tuned targeting of the presenting issue.

What you'll learn

My focus will be on teaching interventions and techniques; the structure is part-lecture, part-experiential. We will examine thoughts and beliefs and discover how these are connected to emotions, moods, imagery, sensations and behaviour and how to effect change. We will explore the behavioural, sensory, affective, imagery and cognitive modalities, learning how to diagnose and treat the root of the issue. Throughout, we will look at ways of adding a creative dimension to help integrate the learning.

How long is the workshop?

This is a 3-day workshop (2 days followed by one day) with a one-week break to allow for integration of the material from the first two days.

The Location 9 Orme Court, Bayswater London W2 4RL
Next to Kensington Gardens.
Nearest Tube Stations are Queensway and Bayswater.

The Dates 4th, 5th & 12th September 2021

The Times 10am – 5:30 pm

The Cost £350

How to Book To secure your place on this Workshop, please either email me at lynn@lynnsomerfield.com or sign up via my website www.lynnsomerfield.com

Training Manual and Certificates of Attendance

A training manual will be provided, together with Certificates of Attendance for 18 CPD hours.

Workshop Leader

For more information about the workshop leader Lynn Somerfield, her therapeutic style, approach and qualifications, please visit...

www.lynnsomerfield.com/about-me