

Introduction to Cognitive- Behavioural Therapy

2 day workshop

What teaching methods will be used?

A combination of:

- Didactic Teaching;
- Group Discussion;
- Small group work;
- Case material; and
- Experiential exercises.

What are the learning objectives?

The aims of this workshop are the participants to:

- Understand how thinking, behaviour and learning processes contribute to mental illness;
- Understand the common components of CBT for a range of high prevalence mental disorders;
- Develop awareness and confidence in supporting consumers engaged in exposure-based therapies during day-to-day interaction;
- Develop awareness and confidence in supporting consumers to develop thinking habits that promote mental health;
- Develop awareness of recent advances in cognitive and behavioural treatments for mental illness.