



SKILLS GROUPS

Skills Groups will be a new addition for 2020 and we will give them a go to see how things turn out. Many Members have suggested this would be a helpful addition to what The CBT'ers Club offers, so we will offer some and hopefully add them to our permanent list of meetings, events and groups.

We did a little survey in 2019 asking Members and those on the Mailing List what they would like to see from a Skills Group and the following ideas and suggestions were highlighted:

- Re-freshing skills, tools and interventions I learned when training but haven't used since
- Learn and practice new skills, tools and interventions from CBT
- Learn and practice new skills, tools and interventions from other therapeutic modalities
- Research skills
- Presentation skills
- Skills Practice (e.g. like triad practice when we all trained)
- Discuss skills, tools and interventions but don't practice them in the group
- Chairwork
- Thought Records
- Behavioural Activation
- Creative Techniques
- Downward Arrow
- Thought Challenging
- CBT Cycles
- DBT Chain Analysis
- Formulation and Case Conceptualisation
- Assessment
- Motivational Interviewing
- Drama Triangle
- Assessment Scales/Questionnaires (e.g. BDI, EDE-Q, YBOC, HADS, CORE etc.)

- End of Therapy Plans
- Rewind Technique
- Visualisation Tools
- Mindfulness Tools
- Other

We would like your opinions and suggestions regarding what 'skills' you would like to develop, practice or discuss in such groups. Given the groups will be a new addition, they will be developed and refined over time. However, preliminary suggestions are helpful.

As with all events, groups and meetings, CPD Certificates of Participation will be issued at the end of the workshop. Upcoming Therapist Support and Supervision Groups (and all other events and meetings) are posted in the What's On section of the website.