



TOPIC AND DISCUSSION GROUPS

The CBT'ers Club hosts regular Topic and Discussion Groups which are all well-attended by our Registered Members.

Topic and Discussion Groups constitute 2.5/3 hours of CPD and Certificates of Participation are awarded at the end of each group event.

Topic and Discussion Gatherings include the discussion of a specific topic (e.g. depression, anxiety, accreditation etc) and treatment plans, case studies, personal and professional experiences, video/film footage, as well as ideas, updates and other CBT-related news related to the topic chosen for that group (e.g. depression, BPD, relationships etc.).

Previous Topic and Discussion Groups include: Working with Depression; The Accreditation Process; Working with Self-Esteem in CBT Practice; CBT and Self-Harm; Challenges and Dilemmas in CBT; Anxiety and CBT Therapy; Using Psychological Assessment Scales in CBT; Coffee and Cake with CFT and lots more! See What's On section for details of upcoming events!