



## TRAINING AND WORKSHOPS

We provide workshops, short training courses and other educational events to Registered Members of The CBT'ers Club. We sometimes open these events to non-Members too. It is also possible for us to deliver workshops, short training courses, talks and other educational events to other organisations too (we do need advance notice of this as we often write training tailored to you).

These all offer professional CPD and certificates of attendance are provided. Training and workshops have been specially developed by mental health professionals and researchers and are evidence-based as far as possible (although some are experiential, discursive and based on shared-learning). Some of the training, courses and educational programmes we can offer include:

- *Understanding Eating Disorders 1: Basics and Beyond*
- *Understanding Eating Disorders 2a: Working with Eating Disorders (Clinical) (for therapists, mental health clinicians, counsellors etc.)*
- *Understanding Eating Disorders 2b: Helping People with Eating Disorders (Non-Clinical) (for carers, supporters, family, friends, support workers, teachers etc.)*
- *Understanding Eating Disorders 3+ - Advanced*
- *Motivation Interviewing*
- *HSP: Highly Sensitive People – What is It?*
- *Working with Body Dysmorphic Disorder and Body Image Concerns: 2-Day Training*
- *Introduction to CBT*
- *Going it Alone: Setting Up in Private Practice workshop*
- *Working with BFRD*
- *What is Recovery? - Eating Disorders (2-3 hour workshop)*
- *Disorders Myth-Busting Workshop (1-2 hours)*
- *Group Work and Facilitation Skills Training*
- *Listening and Counselling Skills (tbc)*
- *Psychoeducation Groups (various)*
- *Suicide Talk (license) and Living Life to the Full (license)*
- *Managing Stress (tbc)*
- *Incorporating Coaching into Psychotherapy and Counselling*
- *Unstructured semi-structured talks/panel discussion/open forums.*

We are currently developing other training and workshops, so watch this space for details or join the mailing (on the Contact Page) and receive notifications direct to your inbox! We are also looking for Affiliate Trainers to deliver workshops, training and talks to our Members. So, if you are interested in becoming an Affiliate Trainer, please let us know.

Similarly, we are open to suggestions, so if there is a workshop, course or some training you would like us to provide, please contact us!