



## TUTORING, MENTORING AND ACADEMIC SUPPORT

The CBT'ers Club can provide Tutoring, Mentoring and Academic Support Service (TMAS) to trainees, students and to anyone else who would like to access this service

We offer high quality, tailored one-to-one assistance, guidance, support and tuition to trainees, students and anyone else who would like to access this service. We understand the value of nurturing, encouraging and supporting each individual person and help them to increase confidence, develop skills, improve learning and reach their potential.

Tutoring, Mentoring and Academic Support will be provided by a qualified Integrative Cognitive Behavioural Psychotherapist who is also a qualified Clinical Supervisor and accredited Trainer with undergraduate and postgraduate university degrees in Psychology and in English. She also has experience of tutoring, mentoring and providing academic support in various capacities. These include: research psychologist; university academic tutor; further/higher education trainer; mental health director; working with children experiencing learning challenges, among many other things.

Our Trainer/Lecturer/Tutor also has a Diploma in Training and Development and is a COSCA Certificate and Diploma Trainer and independent trainer. She has experience of third and private sector group-work as well as experience of facilitating and teaching in tutorials, lecturing/teaching, providing psycho-educational groups and writing and delivering training.

This service is flexible and so what we offer will depend upon the needs and requirements of each individual (or organisation) seeking this service. Both individuals (students, trainees, anyone else) and organisations (e.g. training centres, service providers etc.) are welcome to use this service.

This service can offer help and support with the following (if you need help and support with something else, please do get in touch!):

- Support/guidance with essay and report writing;
- Proof reading;
- Support/guidance with portfolios and case studies;
- Support/guidance with group-work and psycho-educational groups;
- Research services;
- Tutoring/teaching/training/lecturing in Psychology, CBT, psychotherapy, counselling and English/writing;
- Tutoring, teaching, training and facilitating tutorials, groups and workshops (freelance with other organisations/providers);
- COSCA Certificate and Diploma courses;
- Other (please get in touch).

## Fees

- **Individuals** (Registered Member of The CBT'ers Club): **£25.00 per hour**
- **Individuals:** (Non-Member of The CBT'ers Club): **£30.00 per hour**
- **Organisations: £35.00 per hour for tutoring, mentoring, COSCA-level teaching and psychoeducational groups** (travel expenses will also be charged for work outside Glasgow)
- **Organisations: £40-£150 per hour for lecturing and postgraduate teaching/training and bespoke courses/training** (travel expenses will also be charged for work outside Glasgow)

Please get in touch to discuss your requirements and to arrange any of the above (or other) support and services.