



fusionHR
IT'S A PEOPLE THING

Cognitive Behavioural Therapy

Refocuses thoughts and facilitates change

Target Audience

This session is designed for senior leaders.

Course Details

In the past few years, the dialogue around therapy has radically changed, with CBT becoming a “must have” therapeutic approach for all therapists and counsellors. Already in the employment sector, jobs specify the need of CBT therapists, rather than any other and in the private sector, some insurance companies have already begun to specify that they would only fund patients who see CBT therapists.

CBT works through helping a person to understand the emotional pain that comes from irrational thoughts and beliefs seen as logical and true, being worked out through their models of behaviour. It allows the person to look at the validity of those thoughts and see how they affect their behaviour, to look at how, by refocusing or reframing their thoughts, their behaviour begins to change. This process also allows recognition of emotional triggers, which leads to unwanted behaviour, facilitating change.

CBT can be integrated through a number of methods:-

- REMBT Rational Emotive Behaviour Therapy
- “Constructing a New Self” (a paradigm of personality disorders) helps client recognise the benefits of personality / behavioural change through Personal Coaching
- Employ a structured interview to help clients compassionately conceptualise their OLD personality system and strengthen NEW core beliefs through behavioural experiments and goals.

Cost

SLA Clients: £95 + VAT per person

Non-SLA Clients: £120 + VAT per person

How to Book

Call 01924 827869 or go online to www.fusionbusiness.org.uk to book.

enquiries@fusionbusiness.org.uk

www.fusionbusiness.org.uk

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Half-Day
Workshop

Key Benefits

- Helps people to understand the emotional pain that comes from irrational thoughts and beliefs
- Looks at the validity of their thoughts and see how that affects behaviour

Speaker Profile

Christine Tooze is a professional Life Coach and Counsellor, is highly trained and uses an extensive range of therapeutic interventions to provide a service that clients can trust. Christine supports clients to develop a more positive mental attitude, handle stress effectively, and understand the emotional pain and explore the many differing relationships we all enjoy.