

INTEGRATING MULTI MODAL CBT

Be more effective. Increase your skills.



Sat & Sun 1 & 2 & Sat 8 October 2016
£320 for 3 day workshop
(21 CPD hours)

Why use CBT?

It's effective. It's in demand. It can be integrated into your own way of working. CBT receives more column inches and airtime than any other type of therapy and this is reflected in enquiries from the public. NICE recommends CBT. Employee assistance programme providers and insurance companies look for it when referring clients. Potential clients call requesting CBT (sometimes without knowing why they're requesting it), so if you don't want to turn away clients unnecessarily and you'd like to become a more effective therapist too, adding CBT skills to your current repertoire will help.

please turn over

Why attend this particular seminar?

I've been running this workshop for 13 years and it's as popular as ever. The Multi Modal CBT model is a combination of Arnold Lazarus' Multi Modal Psychotherapy, CBT techniques and some transpersonal interventions. The CBT approach I teach is easy to use with an integrative approach and the multi modal model delivers an added-value aspect which enables a finely-tuned targeting of the issue and hence a better chance of treating the problem accurately and quickly.

Who can attend?

This seminar is aimed at psychotherapists and psychotherapists-in-training, counsellors and student counsellors, life coaches and other interested parties. Please call if you'd like to find out whether this is the right workshop for you.

What is CBT useful for?

Depression

Mood swings

Substance abuse

Panic attacks

Eating disorders

Sleep disturbances

Anxiety

Shyness/social anxiety

Assertiveness

Phobias

Emotional regulation

Addictions

Relationship issues

Self esteem issues

Insomnia

Trauma

OCD

and more...

The workshop

My focus during this workshop will be on teaching interventions and techniques; the structure is part-lecture, part-experiential. I will introduce participants to a *multi-modal model* drawing upon the teachings of Albert Ellis, Aaron Beck, Arnold Lazarus and others. We will examine thoughts and beliefs and discover how these are connected to emotions, moods, imagery, sensations and behaviour.

Using Lazarus' model, we will explore the behavioural, sensory, affective, imagery and cognitive modalities, learning how to diagnose and treat the root of an issue.

Where and when is the next workshop?

Where: CCPE, Beauchamp Lodge, 2 Warwick Crescent, London, W2 6NE.

When: Sat 1 & Sun 2 October 2016 & Sat 8 October 2016

Times: 10 am - 5pm

This is a 3-day workshop (2 days followed by one day) with a one-week break to allow for integration of the material from the first two days.

How to book

A bank transfer of £150 or the full amount of £320 (**£150 of which is non-refundable**) will guarantee your place. If you'd like to attend, please email me and I will send an invoice with details of how to pay. If paying a deposit, balance to be paid 14 days prior to workshop. *Places cancelled less than 7 days before the workshop must be paid for in full.* Certificates of Attendance (21 CPD hours) are distributed at the end of the seminar.

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Lynn Somerfield has a Masters degree in Transpersonal Psychotherapy and Counselling, Diplomas in Supervision and Advanced Transpersonal Psychotherapy.