

COGNITIVE BEHAVIOURAL THERAPY FOR DEPRESSION WORKSHOP

CBT WORKSHOP

Venue: KAPC
2nd
PARKLANDS
AVENUE

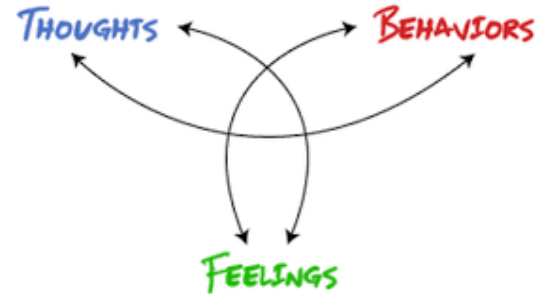
Dates: 16th – 17th
February 2018

Time: 9am to
4pm

Cost: Ksh 5,000

For Booking:
Email:
cadhiambo@kcapc.or.ke

Telephone:
0721296912



Workshop Description

This 2 day workshop is intended for anyone interested in learning;

- How to use various CBT techniques when working with a depressed client,
- How to carry out a CBT assessment
- Getting an overview of the GAD and PHQ9 measures of depression and anxiety, thought records, responsibility charts etc.

Teaching methodology will be experiential with use of role plays and practice sessions using CBT techniques in individual and group sessions.

About Georgina Green

Georgina is a CBT Therapist with a Masters in Counselling from Manchester University, a Post graduate Diploma in Psychological Therapies (CBT) for complex difficulties from Sussex University. She is accredited with British Association for Behavioral and Cognitive Psychotherapies (BABCP) and the British Association for Counsellors and Psychotherapists (BACP).
