

Cognitive Behavioral Therapy (CBT) Techniques

Duration: 5 Days

Language: en

Course Code: IND5 - 177

Objective

By the end of this workshop, participants will be able to:

- Understand the core principles of CBT.
- Identify common negative thought patterns.
- Apply practical CBT techniques with clients.
- Support emotional regulation and behavior change.
- Use CBT tools such as thought records, behavior charts, and coping strategies.

Audience

This workshop is designed for:

- Psychologists and counselors.
- Social workers.
- School counselors.
- Nurses and mental health professionals.
- Support workers and caregivers.

Training Methodology

Participants will learn through hands-on exercises, live demonstrations, simplified CBT worksheets, case-based discussions, and peer role-plays to practice real techniques in supportive scenarios.

Summary

Cognitive Behavioral Therapy (CBT) is a powerful and evidence-based approach used to help individuals identify and change negative thinking patterns and behaviors. This workshop offers practical CBT tools that mental health professionals and caregivers can use to support clients struggling with anxiety, depression, stress, and other emotional challenges.

Through engaging activities, real-world examples, and simplified tools, participants will learn how to guide individuals toward healthier thinking and behavior using core CBT techniques. The focus is on applying these strategies in therapy sessions, educational settings, or supportive environments.

Course Content & Outline

Section 1: Introduction to CBT

- What is CBT?

- Key assumptions of CBT.
- Cognitive model: thoughts, emotions, behaviors.
- Goals of CBT in different settings.

Section 2: Identifying Negative Thinking Patterns

- Recognizing cognitive distortions.
- Common automatic negative thoughts (ANTs).
- Introduction to thought monitoring.
- Emotional triggers and their impact.

Section 3: Restructuring Thoughts

- How to challenge negative thinking.
- Thought records and thought replacement.
- Teaching clients to shift perspectives.
- Socratic questioning techniques.

Section 4: Behavioral Activation & Exposure

- Importance of behavior in CBT.
- Behavioral activation for depression.
- Exposure therapy basics for anxiety.
- Activity scheduling and goal setting.

Section 5: Coping Tools and Skills Building

- Relaxation and grounding techniques.
- Problem-solving skills.
- Journaling and reflection exercises.
- Building resilience through CBT.

Section 6: Working with Different Populations

- Adapting CBT for children and teens.
- CBT in group sessions.
- Brief CBT for healthcare settings.
- Cultural sensitivity in CBT practice.

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by The CPD Certification Service (CPD), and are certified under ISO 9001 and ISO 29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Health, Safety & Environment HSE, Healthcare & Pharmaceutical

Tags

psychology, Cognitive Behavioral Therapy, CBT

Related Articles



Addressing Common Misconceptions About Psychotherapy

Discover how psychotherapy can help you thrive by addressing the common myths that hold people back from seeking support. This guide highlights psychotherapy's value and potential impact for those seeking personal growth, emotional resilience, and mental wellness.