



# **Cognitive Behavioural Therapy Workshop**

**Saturday 11<sup>th</sup> February 2012**

**At The Trinity Centre,  
Meole Brace, Shrewsbury**

**10am – 4.30pm**

## **About the Workshop**

The workshop aims to integrate knowledge and practice of CBT into a counselling context; to understand the spectrum of fear, sadness and loss; to implement the CBT process of assessment, conceptualisation, formulation and intervention within client counselling caseload; to evaluate the counselling outcomes and client response. Teaching methods used shall be through presentations and lively group discussions.

## **Presenter and facilitator: Ian W. Ross**

Ian is a qualified psychologist, counsellor, clinical supervisor and Cognitive Behavioural Therapist, accredited by the BABCP. He has extensive experience as

a lecturer at the University of Chester and the Open University, with both undergraduate and postgraduate students.

REGISTRATION FORM FOR

**CBT Workshop**  
**Saturday 11<sup>th</sup> February 2012**  
**10:00am – 4:30pm**

Name: (Block Capitals).....

Address: (Block Capitals).....

.....

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Tel No: .....

email: .....

Please enrol me for the CBT workshop on Saturday 11<sup>th</sup> February 2012. Prices include refreshments and light lunch. Please inform us if you have any dietary requirements.

I enclose     £60 [ ] Non-Confide Counsellor

                  £40 [ ] Confide Member

                  £20 [ ] Confide Counsellor

**The Venue for this workshop will be at The Trinity Centre, Meole Brace, Shrewsbury, SY3 9HF. There is parking on-site. Registration will be at 9:45am.**

**Certificates will be issued for CPD**

Cathy Moore  
The Administrator  
Confide Counselling Service  
The Roy Fletcher Centre

12-17 Cross Hill, Shrewsbury, SY1 1JE

**Further queries should be addressed to Cathy on 01743 351319  
or email: [confidecs@btconnect.com](mailto:confidecs@btconnect.com)**

