

WORKING WITH ANXIETY USING COGNITIVE BEHAVIORAL THERAPY

- HILDA SMITH



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Resource Guide

About Hilda Smith

Hilda was Training Manager in NHS Ayrshire and Arran until Dec 2004 when, having retrained, she decided to expand her work as an independent Cognitive Behavioural Therapist. She consults in Glasgow and Ayrshire. Hilda is a BABCP Accredited and UKCP registered, and works with people with a number of emotional disorders and unhelpful behaviours.



Training is still on the agenda though. She is a COSCA Accredited Diploma Level Trainer running her own Cognitive Behavioural Therapy Certificate, Clinical Supervision Course, and COSCA Counselling Skills in Glasgow and Ayrshire. There are also a number of CBT short courses.

Various organisations have benefited from Hilda's training, which has been offered to staff, pupils, and clients. eg Stress, Bereavement, Assertiveness.

Hilda is a mother to Gordon and Alison who have flown the nest and wife to Ian who hasn't. She is a member of the Ayrshire Panel of Reference - a reference group for organisations who wish to consult service users and carers of the mental health services in Ayrshire. She is also a member of Ayrshire Anti Stigma Group - a group which aims to reduce the stigma attached to people who have mental and emotional issues.

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