

CAN SELF-DOUBT IMPROVE YOUR WELL-BEING AND MAKE YOU A BETTER THERAPIST?

JIM LUCAS



onlineevents
Learning Together Online

Resource Guide



Watch Recordings
Log Your Learning
Download CPD Certificates



**CATCH UP / LOG YOUR LEARNING
IN ONLINEEVENTS CPD LIBRARY**

LOG IN / BECOME A MEMBER

About Jim Lucas

I'm a BABCP Accredited CBT Practitioner and Supervisor working in private practice and a Teaching Fellow at the University of Birmingham, UK. I am an ACBS Peer-Reviewed ACT Trainer and have a passion for supporting people who work in helping roles; sharing simple and accessible practices in self-care and reflective practices, and encouraging workplaces to take better care of their employees.



I have a special interest in taking therapy tools outside of the therapy room and extending their reach. I run a podcast show called Self-Help Sat-Nav, write simple how-to-guides on my blog, and create online courses to enhance well-being.

(Scroll down for contact details)

Resources

Openforwards Blog - www.openforwards.com/blog

Podcast - Self-Help Sat Nav

www.openforwards.com/series/self-help-sat-nav

Research Article - [Love Yourself as a Person, Doubt Yourself as a Therapist?](#)



Contact / Website / Social Media

Click the links below to make contact

www.openforwards.com



@jimlucasbt



Openforwards Ltd



onlineevents

Connect with **Onlineevents**

Click the images below

John



/ Onlineevents



/ Onlineevents

Sandra



/ Onlineevents_saz



/ sandraonlineevents

www.onlineevents.co.uk

Pinterest



Find us on

Facebook

Click [HERE](#) to join our FB group

LinkedIn™

Onlineevents Company page

Instagram