

Introducing CBT Into Your Existing Practice

- Elaine Davies

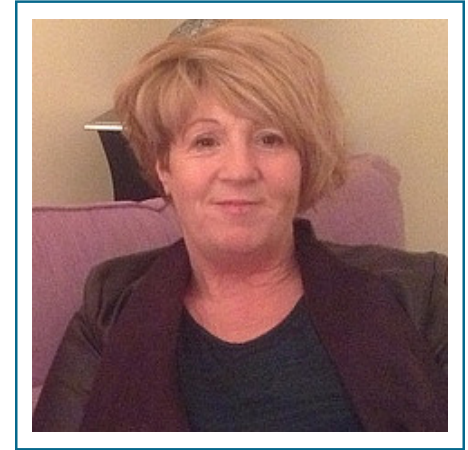


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RESOURCE GUIDE

About Elaine

I am a Senior BACP Accredited qualified counsellor and supervisor, and a BABCP accredited Practitioner, Supervisor and Trainer. I have worked for the NHS for 30 years and for 15 years I have also been working as a Cognitive Behavioural Counsellor.



Elaine Davies

I qualified as a counsellor in 1998 at the University of Wales, Newport, going on to study to Masters level in Cognitive Behavioural Therapy. CBT is my main way of working although I rely on Carl Rogers "Core Conditions" to develop a good working relationship with my clients. I don't think a "one size fits all" approach is a useful strategy, when it comes to working with people. I believe that different people need different types of therapy depending on what is troubling them and what changes they want to make in their lives.

Cognitive Behavioural Therapy offers a very effective approach to issues involving levels of anxiety. This might manifest itself as the symptoms resulting from a traumatic experience (a car accident, rape, burglary the loss of a limb, for example) but it can also be part of OCD (Obsessive Compulsive Disorder). CBT has also proven to be very helpful for people experiencing depression - in fact in the early days of CBT's history that was its primary focus.



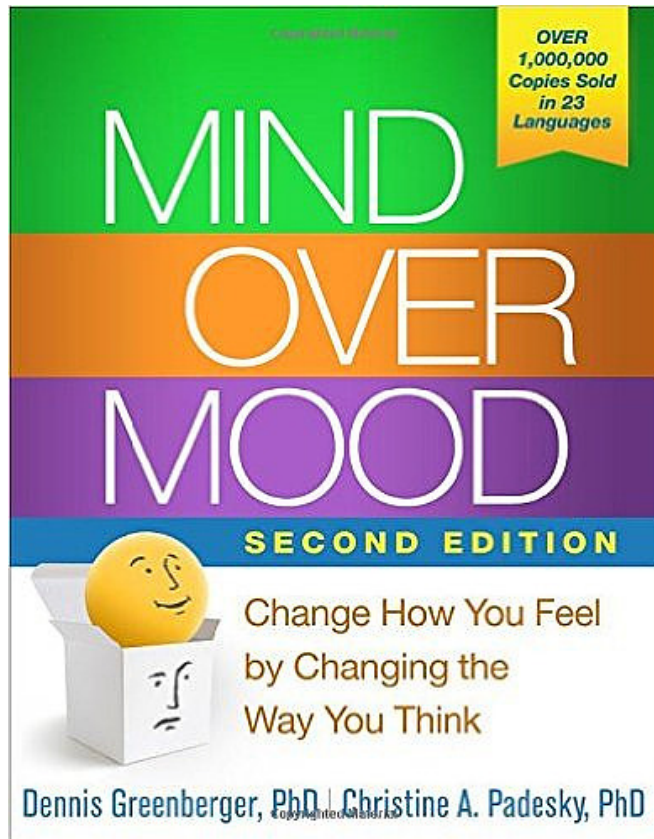
Event Details

In this event, I will be helping you to think about how you might introduce CBT into your practice. We will look at CBT skills and techniques that practitioners from many theoretical modalities may find useful and consider how its integration could be possible.

I will begin by talking about different styles of thinking and then we will consider behaviors, in this session we will use the C and B of CBT.



Recommend Reading



Discover simple yet powerful steps you can take to overcome emotional distress--and feel happier, calmer, and more confident. This life-changing book has already helped more than 1,000,000 readers use cognitive-behavioral therapy--one of today's most effective forms of psychotherapy--to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems.

Revised and expanded to reflect significant scientific developments of the past 20 years, the second edition contains numerous new features: expanded content on anxiety; chapters on setting personal goals and maintaining progress; happiness rating scales; gratitude journals; innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets; and much more.

[CLICK HERE FOR MORE DETAILS](#)



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Resources

www.psychology.tools

Download free worksheets and therapy resources



www.cci.health.wa.gov.au

"The clinical service provided by CCI is based on current evidence-supported practice and aims to best meet the needs of our clients. As CCI forms part of the public mental health system, the service we offer is free"



www.getselfhelp.co.uk

This website offers CBT self-help information, resources and including therapy worksheets on the FREE DOWNLOADS PAGES: worksheets & handouts



Resources

www.thework.com/en/tools-do-work

Downloads and Apps available



The Patient Health Questionnaire PHQ-9 [CLICK HERE](#)



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