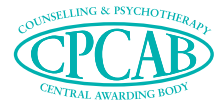


the only awarding body
run by counsellors
for counsellors



Level 5

Certificate in Cognitive Behavioural Therapeutic Skills and Theory

(CBT-L5)

Is this qualification for you?

If you want a cost-effective way to gain a valuable extension to your skills and knowledge our *Certificate in Cognitive Behavioural Therapeutic Skills and Theory* is the ideal qualification for you.

To benefit from this training you should already be a counselling practitioner or hold a CPCAB *Level 4 Diploma in Therapeutic Counselling* (or its APL and/or APEL equivalent) and currently use - or intend to use - CBT as an integral part of your counselling work.

This qualification is 120 Guided Learning Hours (GLH). Candidates are required to work with their clients using CBT.

What will YOU gain from this training?

The *Certificate in Cognitive Behavioural Therapeutic Skills and Theory* enables you to:

- › work safely using the CBT framework
- › work within the structure of the CBT relationship

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- › work with difference and diversity within the CBT framework
- › provide user-centred therapy
- › work with self-awareness
- › work with CBT theory and skills in the therapeutic process
- › work reflectively as a CBT practitioner.

The training also provides:

- › a focused evidence-based training which, following the recent Layard Report on psychological therapies, is in great demand within the NHS
- › an opportunity to gain valuable CPD points.

How to find out more

You can find more information about this qualification and a detailed description of its content by visiting our website at www.cpcab.co.uk or by calling us on 01458 850350.

"The UK's leading provider of counselling qualifications"

