

Single Session Integrated CBT (SSI-CBT)

Presented by Professor Windy Dryden

The assumption that therapy should always be long term has been challenged repeatedly over the last twenty-five years. The difficulty is that Single Session Therapy has become associated in many therapists minds with being “money driven”, “superficial” and “poor quality”. This workshop sets the record straight and enables participants to learn how to work with clients for one session and achieve realistic but positive results. An integrated CBT approach combining belief and inference challenge with mindfulness and acceptance strategies will be presented.

The workshop will outline the basis of this new Single Session Integrated CBT (SSI-CBT) approach, where it can and can't be used, practical suggestions to follow and the application of unique therapeutic elements, such as the provision of session transcripts and recordings for the client to take away and use. Real life (not role played) demonstrations of a single session approach with volunteers will be presented.

Issues covered include:

- The objectives of SSI-CBT
- The do's and don'ts of SSI-CBT
- Indications and contraindications for SSI-CBT
- The components of SSI-CBT
- Setting the stage for SSI-CBT
- Creating a focus in SSI-CBT
- Problem assessment and goal setting
- Using client strengths
- Doing the work with a future emphasis
- What happens after the session and evaluation
- Necessary therapist skills
- Live demonstrations of SSI-CBT

Windy Dryden is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University, London. He has authored or edited more than 220 books including: 'Single Session Integrated CBT: Distinctive Features' (Routledge, 2017) and 'Very Brief Cognitive-Behavioural Coaching' (Routledge, 2017). His latest book will be entitled 'Very Brief Therapeutic Conversations' (Routledge, 2018). He is internationally famous and does live demonstrations of therapy/coaching all over the world.

This workshop is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses and CBT practitioners as well as those working in third sector, educational and coaching settings. It will contribute 6 hours Continuing Professional Development.

10th May 2018, 9.30 am – 4.30 pm
British Psychological Society,
Tabernacle St.
London
EC2A 4UE

Prices including lunch & refreshments
Until 10th April 2018 - £120 + VAT
From 11th April 2018 - £135 + VAT
For more information or to reserve a place visit :- www.stantonltd.co.uk or
www.grayrock.co.uk

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