

# Think Good, Feel Good: CBT with children and young people Presented by Professor Paul Stallard

Up to 1 in 5 children will have experienced a mental health problem by the age of eighteen. Mental health problems during childhood significantly impair everyday functioning, academic achievement, peer and family relationships and, if left untreated, increase the risk of mental health problems in young adulthood. Fortunately, effective interventions are available with Cognitive Behaviour Therapy (CBT) for the prevention and treatment of many emotional disorders during childhood.

This workshop will be interactive and will provide a practical introduction to the use of CBT with children and adolescents. The workshop will:

- Provide an understanding of the basic CBT model
- Familiarise participants with the PRECISE process of undertaking CBT with children and young people
- Demonstrate a number of ways in which the core elements of CBT interventions can be suitably adapted and used with children (aged 7-18) in clinical and educational settings

**Book early as this workshop sold out in 2018**



**Paul Stallard** is Professor of Child and Family Mental Health at the University of Bath and Head of Psychological Therapies (CAMHS) for Oxford Health NHS Foundation Trust. He is a clinical psychologist with over 30 years of experience working clinically with children and young people. He has published over 150 research papers and is the author of the book "Think Good Feel Good: A cognitive behaviour therapy workbook for children and young people". He is an active researcher and is investigating the effectiveness of school based CBT and how CBT can be supported and facilitated by the use of technology. He regularly present workshops at national and international meetings.

**This workshop is suitable for health professionals working with young people with emotional health problems including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses and CBT practitioners. Also for those working with young people in educational, social care or third sector settings. It will contribute 6 hours Continuing Professional Development.**

18<sup>th</sup> November 2019, 9.30am - 4.30pm  
British Psychological Society  
Tabernacle St.  
London  
EC2A 4UE

Prices including lunch & refreshments  
Until 18<sup>th</sup> October 2019 - £120 + VAT  
From 19<sup>th</sup> October 2019 - £135 + VAT  
For more information or to reserve a place visit :- [www.stantonltd.co.uk](http://www.stantonltd.co.uk) or  
[www.grayrock.co.uk](http://www.grayrock.co.uk)

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