

# ICAP TRAINING OFFERS:

## An Introduction to CBT

**8th March 2008**

### **Introduction**

Exploring participants views of CBT  
A brief history of CBT  
An introduction to CBT Basic model of therapy  
The person in CBT  
The Three Systems Model  
CBT interventions  
Thought diaries

**19th April 2008**

### **Assessment**

Discussion of thought diaries  
Functional analysis and CBT assessment  
Case formulation  
Case conceptualisation  
Video Practice and feedback

**17th May 2008**

### **Anxiety Disorders**

CBT understanding of anxiety  
Physiological reaction to fear  
DSM categories and aetiology prevalence and incidence and treatment  
Generalised Anxiety, Panic Disorder  
Simple Phobic disorders  
Social Phobia  
Post Traumatic Stress (PTS)  
Relaxation training

**21st June 2008**

### **OCD and Depression**

DSM categories and aetiology prevalence and incidence and treatment  
Obsessional Compulsive Disorder  
Depression  
Video role play

**18th October 2008**

### **Working with substance misuse**

CBT model of dependency  
Motivational Interviewing and the cycle of change  
Cognitive strategies for changing substance use  
Relapse management and high risk situations

**8th November 2008**

### **Eating problems**

DSM categories and aetiology prevalence and incidence and treatment  
Anorexia  
Bulimia  
Binge Eating

**29th November 2008**

### **Somatisation and consolidation**

DSM categories and aetiology prevalence and incidence and treatment  
Role play and consolidation

## Trainer

**Dr Adrian Hemmings BSc, MA, DPhil, C.Psychol, C.Sci, AFBPsS, UKCP.**

Adrian is a chartered psychologist and senior practitioner on the British Psychological Society (BPS) Register of Psychologists Specialising in Psychotherapy. He is a UKCP registered psychotherapist and is also on the BPS register for Expert Witnesses.

After receiving a degree in psychology, Adrian trained as a psychotherapist for four years at the Minster Centre in London and has worked as a psychotherapist for 27 years in a variety of settings such as the NHS, universities and therapeutic communities. He has also run a thriving private practice. For 10 years he directed a research team at the University of Sussex researching into psychological interventions in primary and secondary care. He has published internationally. He is the editor of the Psychotherapy Section Quarterly Review published by BPS. He has recently edited a book entitled Counselling and Psychotherapy in Contemporary Private Practice which is published by Routledge.

Adrian developed an MSc course in Counselling Psychology at the University of Sussex and was programme director for two years. He now works in the NHS as a psychologist and psychotherapist in a local PCT where he is Professional Head of Psychology. Adrian is also director of a local charity that offers therapy to people who have problematic alcohol and other substance misuse. In his private practice he works short and long term and integrates Psychodynamic and Cognitive Behaviour Therapy. Adrian also runs training courses in a variety of subjects and offers clinical and academic/research supervision.



Reg. Charity No: 1079353

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- This training is offered to BACP registered and UKCP accredited psychotherapists.
- The cost of the full course (7 separate days - see reverse) is £300 incl.
- Places are limited, so please contact Melissa on 0121 666 7707 or email [melissa@icap.org.uk](mailto:melissa@icap.org.uk)

The Irish are often referred to as an 'invisible' ethnic minority. There are over 750,000 'Irish-born' people and over 5.5 million of second and third generation 'Irish descent' living in England, Scotland and Wales. We know that these communities 'suffer disproportionately' from poor mental health compared with other ethnic groups. **icap** responds to this need by providing over 14,000 therapy sessions per year in London, Birmingham and via its outreach network of therapists. 70% of the work involves clients who are members of the Irish communities. This makes us the largest provider of such services in England, Scotland and Wales. However, anyone for whom the word 'immigrant' has personal meaning is welcome to use **icap**'s services. We see many clients who have experienced institutional abuse in Ireland in the past.

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For more information on icap please visit:  
[www.icap.org.uk](http://www.icap.org.uk)