

The Adam May CBT Practice

Cognitive-Behavioural Therapy in a friendly and encouraging environment

Accessible Training in Cognitive-Behavioural Therapy: The Praxis Cognitive Behavioural Therapy Distance Learning Programme

The Praxis Cognitive Behavioural Therapy Programme is designed for those practitioners who possess a professional qualification, and use psychological approaches with clients in distress as part of their day-to-day functioning, but do not have specialist knowledge of Cognitive Behavioural Therapy (CBT). Professionals who may find this particular programme beneficial and relevant include: nurses, social workers, occupational therapists, counsellors and medical staff.

CBT is given great prominence in the NICE Guidelines, in particular for the treatment of Depression, Anxiety and PTSD. A good working knowledge of CBT is becoming essential for any mental health professional working within the NHS, and for mental health practitioners registered with employee assistance programmes. Increasing numbers of mental health professionals are seeking training in CBT, especially in the wake of The Depression Report, published by the London School Of Economics in June 2006, which calls for 10,000 more mental health workers to be trained in CBT.

The Praxis Programme is provided by Newcastle, North Tyneside and Northumberland Mental Health NHS Trust and recognised by the University of Northumbria as being the credit equivalence of 20 points towards a Post Graduate Certificate.

Course materials are provided on an interactive CD-Rom which includes structured exercises, audio and video clips, and printable notes, as well as worksheets to be used with clients. Students are required to attend six supervision sessions, and to bring audio or video recordings of their work with clients to at least four of these meetings. There is also a 5,000 word case study. Prospective students should assume that the course would require about 200 hours of study.

Supervision for this course is now available locally through Adam May of the Adam May CBT Practice. Adam is a Cognitive-Behavioural psychotherapist registered with the British Association of Behavioural and Cognitive Psychotherapies. He holds a Postgraduate Certificate in CBT Supervision and a Certificate in Supervision incorporating the ICE309 in Supervision Studies awarded by Canterbury Christ Church University

The course fee, including six sessions of supervision with Adam, is £795.

For further details of the Praxis Cognitive Behavioural Therapy Distance Learning Programme telephone The Adam May CBT Practice on 01248 421015.

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