

Kursledare:
Helen A. Kennerley BSc
(Hons) in Psychology,
Ph D (Faculty of Clinical
Medicine),
BPS Diploma in Clinical
Psychology. Member of
Oxford Cognitive
Therapy Centre (OCTC).

Läs mer om
Helen Kennerley på
www.octc.co.uk

Kursdatum:
24, 25 & 26 jan. 2012
Tid: 9 - 12, 13 - 16.

Anmälan på:
anmalan@
kognitivateamet.com

OBS. Anmälan är bindande.
OBS. Begränsat antal platser.

Sista anmälan
5 januari 2011

Kursavgift:
4 750 kr exkl. moms.
I priset ingår kaffe på
för- och eftermiddag

Plats:
Hotell Anglais,
Stockholm

Frågor:
Kontakta
Anette Sjödin,
tel 0707-609 919
eller anette.sjodin@
kognitivateamet.com

Tre dagars workshop - 24, 25 & 26 jan. 2012

An introduction to supervision: **BASIC PRINCIPLES AND CORE SKILLS**

med Helen Kennerley från Oxford Cognitive Therapy Center (OCTC)

This three day introductory workshop focuses on developing and refining the essential skills of CBT supervision. It aims to help you become a "good" supervisor.

Over the three days we will:

- Explore what we mean by CBT supervision and look at its relevance.
- Present the empirical base for CBT supervision.
- Review CBT supervision competence.
- Emphasise the core skills of supervision.
- Review key models of supervision.
- Explore how supervisors can optimise their performance through reflective practice. The workshop will also involve several "live" supervision sessions during which the participants will be able to gain feedback on their supervisory-practice.

By the end of the workshop the participants will have developed their own critically appraised guidelines for good practice.

Knowledge with CBT models and methods and some significant experience of CBT practice is needed in order to participate.

Relevant reading:

Oxford Guide to Surviving as a CBT,
Kennerley, Helen / McManus, Freda / Westbrook, David

Kognitiva Teamet

Engelbrektsgatan 19, 114 32 Stockholm, tel 0707-609 919,
www.kognitivateamet.com, info@kognitivateamet.com