



**THE MICHAEL PALIN CENTRE FOR STAMMERING CHILDREN,  
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## **An introduction to Cognitive Therapy**

### **Course Aims**

This three day course will provide an introduction to the key principles and techniques of Cognitive Therapy. It will aim to link theory with practise by including experiential work and client work and is suitable for therapists currently working with older children, teenagers and adults who stammer.

### **Learning Outcomes**

At the end of the course participants will:

- Be familiar with core theory and principles of Cognitive Therapy
- Be familiar with the generic cognitive model, a cognitive model for social anxiety, and a systemic cognitive model
- Be able to identify negative automatic thoughts (NATs) and use Socratic questioning to work with NATs
- Understand the role of behavioural experiments and how to set up successful behavioural experiments
- Understand the role of underlying assumptions and beliefs in maintaining problems

### **Course Content**

#### **Day 1: Theory and introducing Negative Automatic Thoughts (NATs)**

- Overview of the principles of Cognitive Therapy and information processing theory
- Overview of a generic cognitive model, cognitive models of anxiety and social anxiety, and a systemic cognitive model for family or couples work
- Experiential work: introducing the generic model to clients and beginning case formulation
- Identifying NATs
- Experiential work: identifying NATs

#### **Day 2: Working with NATs**

- Feedback from client work
- Cognitive case formulation
- Overview of Socratic questioning
- Experiential work: working with NATs

#### **Day 3: Setting up successful behavioural experiments**

- Feedback from client work
- Principles of behavioural experiments
- Experiential work: setting up and reviewing behavioural experiments
- The role of the underlying assumptions and beliefs in more in-depth case formulation
- Planning for the future: use of action plans to promote self-help

**This course does not constitute a formal accredited training in Cognitive Therapy, however the course tutor will be able to advise on this for those who wish to pursue formal training.**