

Continuing Professional Development Workshop

Connecting with Cognitive Behaviour Therapy in Counselling for OCD and Hoarding

Led by: Anna Pester BA(Hons) Counselling, Reg. MBACP (Accred)

Saturday 15 June 2019 (9.30 to 4.30)

This workshop will develop counsellors' knowledge of CBT skills to use them in their work compassionately with clients who are affected by OCD and Hoarding. CBT has been established as an effective treatment for these difficulties. OCD and Hoarding not only affects the client but also their family and friends and can have a debilitating effect on relationships. The workshop will focus on working with people using Exposure and Response Prevention, a principal CBT technique

About the Workshop leaders

Anna is a BACP registered and accredited member of BACP. Anna is Course Coordinator and Tutor at Wealden Institute. Anna is also Lead Counsellor at Greater Brighton Metropolitan College. Anna worked for 17 years as a Specialist Counsellor in Sexual Abuse for the NHS. Anna has also worked for the last nineteen years with teenagers and adults in Further Education. Anna trained in Humanistic Counselling at Chichester University, Psychodynamic Counselling at Sussex University and Cognitive Behaviour Therapy at Westminster Pastoral Foundation in London

This Workshop is recognised as 6 hours Continuing Professional Development - Cost: £ 110	
Venue: Wealden Institute Crowborough	
Workshop Entry requirements: Anyone with some background in therapy training	
I would like to book a place on the 'Connecting with Cognitive Behaviour Therapy in Counselling for OCD and Hoarding' Workshop On Saturday 15 June 2019 at Wealden Institute Crowborough (9.30 to 4.30)	
TITLE:	FULL NAME:
ORGANISATION:	
ADDRESS:	
	POSTCODE:
TELEPHONE(S):	
EMAIL:	
I AGREE TO WEALDEN INSTITUTE CONTACTING ME BY EMAIL IN FUTURE, PLEASE TICK HERE:	
I CONFIRM THAT I SATISFY THE ENTRY REQUIREMENTS FOR THIS TRAINING; PLEASE TICK:	
DIPLOMA IN COUNSELLING STUDENTS PLEASE TICK HERE IF THIS IS ONE OF YOUR PREPAID WORKSHOPS:	
SIGNATURE:	I AGREE TO PAYING THE FEE OF £ 110
NB. Your booking will not be accepted without payment and is <u>non-refundable within three weeks of the Workshop date.</u>	