



360edge.

CBT Intensive

for alcohol and other drug professionals

Choose from:

4 day intensive 20-23 February 2017 OR
4 week* course 16, 23, 30 March & 6 April 2017

MELBOURNE

(Viewpoint Centre, 40-44 St Kilda Rd, St Kilda)

This course has been developed specifically for alcohol and other drug professionals who want to build and strengthen core clinical skills in behavioural and cognitive therapies, which are the foundation for the key best practice protocols in the AOD field - from traditional cognitive therapy to newer models like the mindfulness-based therapies.

- Get back to basics and understand exactly what makes CBT tick
- Learn the why not just the how so you can apply core skills to any CBT type
- Unlock the art and science of your practice to take it to the next level

Our unique interactive self practice approach means you will really experience CBT from the inside, creating a deep understanding of how it works.

Cost (includes all tuition, resources, certificate and catering)

Earlybird: \$875 before 31 December 2016

Standard: \$1290 after 31 December 2016

Bookings:

4 day intensive: www.trybooking.com/NHHK

4 week course: www.trybooking.com/NHMG

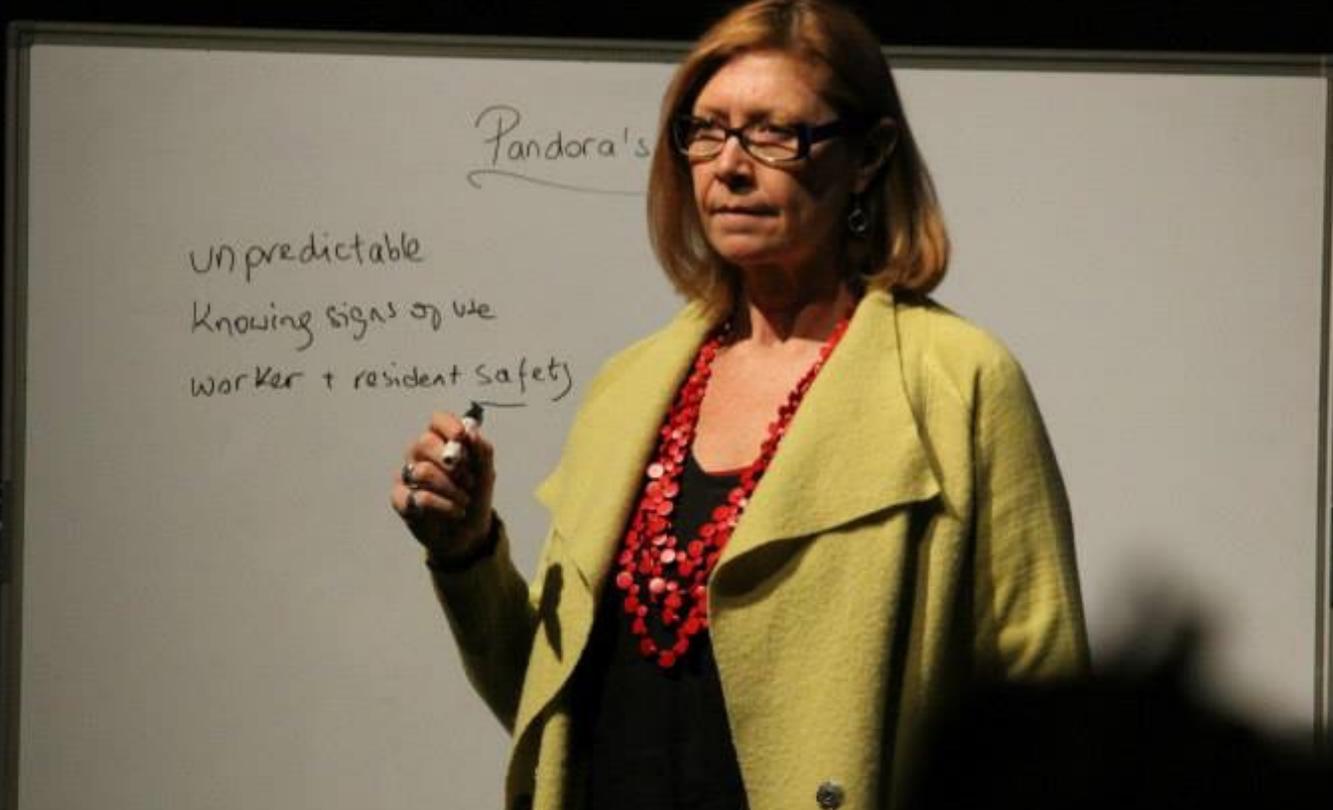
Got questions?

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Cognitive behaviour therapy is an umbrella term that includes a number of solution oriented therapies focusing on self reflection, problem solving and learning skills that can be applied across situations:

- Cognitive Therapy
- Relapse Prevention
- Mindfulness Based Cognitive Therapy
- Acceptance and Commitment Therapy
- Dialectical Behaviour Therapy
- Compassion Focused Therapy

Find out how to use the core skills of CBT to drive change, whatever model you use.

Our trainers are the key to effective learning. Get real skills from clinical experts in CBT and AOD treatment. Don't miss this opportunity to learn from the best in the field.



Associate Professor Nicole Lee, Consultant Psychologist, Director at 360Edge and Associate Professor at National Drug Research Institute is Past President of the Australian Association for Cognitive and Behaviour Therapy



Paula Ross, Counselling Psychologist and Senior Consultant at 360Edge with 20 years of alcohol and other drug practice experience, is a specialist in working with families



Linda Jenner, Registered Mental Health Nurse with 30 years experience in alcohol and other drugs treatment settings, is a specialist in comorbidity



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