

## **CBT Update**

This course is for people who are trained in CBT and want an update on the latest research and thinking. The material will be presented in brief lectures followed by opportunities to reflect and discuss the implications for practice.

What you will gain:

- An awareness of the latest thinking and research in CBT
- An opportunity to consider how you might want to adapt your practice given this new information
- A chance to meet and network with other CBT enthusiasts working in a variety of settings