

Practical Application of CBT for Post-Traumatic Stress Disorder

This is a two-day workshop and the training is aimed at practitioners who wish to gain an understanding of practical application of CBT for PTSD. The participants will be able to apply these learnt skills and knowledge in their clinical practice. This course also will offer 12 hours of accreditation for the participant's CPD. This course is aimed at practitioners who have a basic understanding of CBT principles and are currently practicing CBT within a clinical setting.

Learning outcome

This course will enable the participants to:

- Gain an understating of the CBT model for PTSD
- Practically apply the model of PTSD in daily practice
- Be equipped with assessment techniques and use assessment tool/instruments in clinical practice
- Be able to formulate the identified problem
- Be able to consider a suitable intervention for identified problem/s
- Apply basic CBT skills and techniques

Course content

- Theoretical and CBT model of PTSD
- Assessment techniques
- Assessment tools and their application in practice
- Formulation
- Treatment plan
- Group practices during the workshop