

Working with Diverse Populations in CBT

Whilst we hold that the CBT model holds true for all possible client populations, therapy is most effective if practitioners adapt what they do to take account of their client's socio-cultural background. This course will help you to build rapport more effectively and achieve better results by tailoring your therapy delivery.

What you will gain:

- Greater awareness of how important it is to take account of socio-cultural diversity when delivering therapy
- Skills in negotiating therapeutic interventions with people from a wide variety of backgrounds
- An opportunity to examine whether CBT really does have a universal application or is a niche approach suitable for white, European, middle class, middle aged, non-disabled, heterosexual males