

Would you like extra tools to help service users manage anxiety, depression, phobia or other difficulties?

**SOCIALWORK 2000 invite you to attend a**

## **AN INTRODUCTION TO COGNITIVE BEHAVIOUR THERAPY**

### **The workshop will help participants:**

- Understand the principles of CBT
- Learn how to use CBT techniques to enable service users manage anxiety, depression, phobia and other difficulties
- Learn the advantages of using CBT to manage their own stress

### **Who Should Attend?**

- Social Workers interested in learning more about this technique and it's uses
- Social Workers working in adult services including mental health

### **When?**

Thursday 22 January 09

9am – 1pm

Refreshments and brunch included

### **Cost?**

£35 + VAT if you are already working through SocialWork 2000

£45 + VAT everyone else – all welcome to attend

### **Where?**

SocialWork2000 Offices

500 Avebury Boulevard,

Central Milton Keynes

MK9 2BE

**Certificated attendance will be provided for your GSCC Post  
Registration Training and Learning record**