

Prospectus 2014

Dedicated to Excellence

“Dedicated to excellence we are committed to offering a training programme which is enjoyable, practical and helps our students grow professionally and personally. Our training allows them to become confident and creative therapists who have the clinical skills and resources to work professionally”.

Avy Joseph – Principal of CCBT

The College of Cognitive Behavioural Therapies is an organisation that specialises in professional counselling, psychotherapy and hypnotherapy training. With our high quality and innovative courses you can either embark on a training path to become a Counsellor, Cognitive Behavioural Counsellor or Cognitive Behavioural Hypnotherapist or further your therapeutic knowledge and skills for CPD.

We are the only college in the UK, which offers an integrative training programme based on the highly effective framework of Rational Emotive Behaviour Therapy (REBT) one of the main schools of Cognitive Behaviour Therapy (CBT). Pioneered by Albert Ellis in the 1950’s, REBT is a philosophical, evidence-based model of CBT, which is supported by clinical research. Unlike some forms of CBT, which require practitioners to have a wide knowledge of specialist protocols, REBT looks at the person as a whole rather than as a symptom and teaches a universal model that can be successfully applied to a wide range of different emotional issues. It offers clients a structure and philosophy that allows them to make effective and long lasting emotional and behavioural change.

CBT is widely recognised by both NICE and the NHS as one of the most effective forms of psychotherapy and endorses it as the treatment of choice for anxiety disorders and depression.

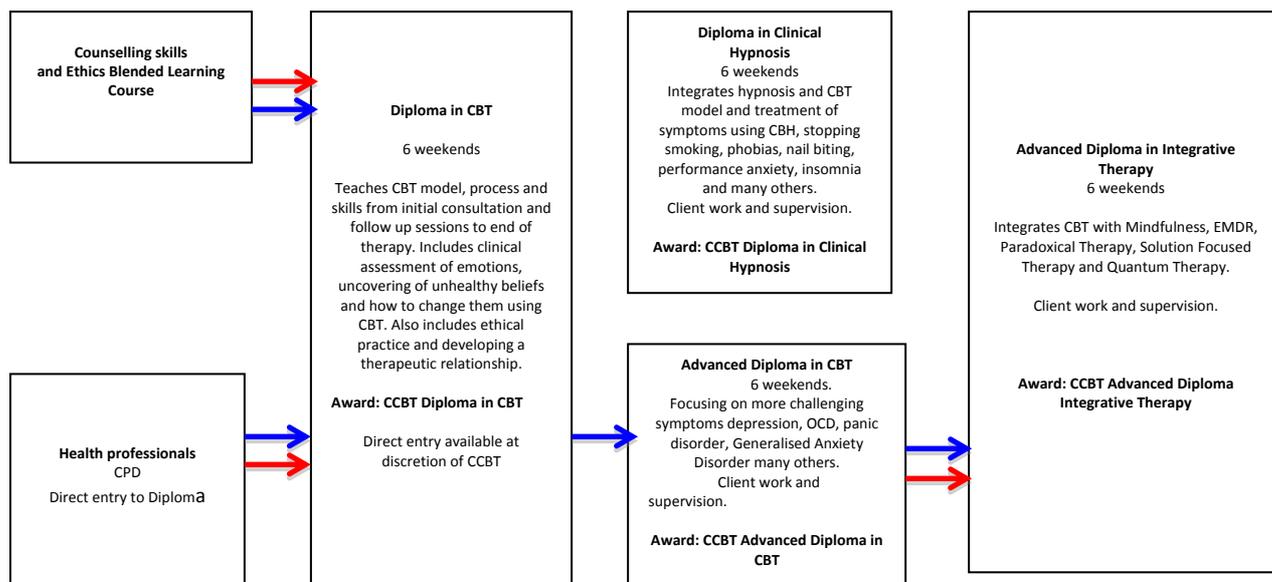
Our training courses are held at weekends in central London or Bath and consist of two intensive teaching days per month. We use an exciting combination of formal lectures; demonstrations and practical work, which offers an unrivalled opportunity for students to gain experience and confidence in their new skills in a secure and supported environment. At CCBT we understand the importance of client work and it is an integral part of our Diploma Courses. Our focus on client work enables students to practice and build confidence in their new skills. They receive on-going support and clinical supervision throughout their training. Students have access to tutors to ensure they have the opportunity to discuss topics they may find challenging. We run our courses throughout the year rather than following 'term times' to ensure a sense of continuity while training. You can tailor your learning based on your interest and budget.

Our courses also qualify for CPD credits.

In as little as 12 months you can start earning an income as a Cognitive Behavioural Hypnotherapist or in as little as 18 months become a Counsellor or you can enhance your existing therapeutic and professional skills.

Our Courses

CCBT Training Pathways



CCBT offers the following CBT courses each held over a 6-month period (1 weekend per month).

- **Diploma in CBT**
- **Diploma in Clinical Hypnosis**
- **Advanced Diploma in CBT**
- **Advanced Diploma in Integrative Therapy**

For those with no formal training we also offer:

- **Counselling Skills and Ethics Blended Learning Course**
- **Distance Learning courses – Learn at your own pace in your own home.**

We offer three distance learning courses:

- Counselling Skills and Ethics
- CBT Theory - Albert Ellis Model
- CBT Theory - Aaron Beck Model

Diploma in CBT

Our courses start with the **Diploma in CBT**. This provides the structure, therapeutic framework and CBT skills necessary to progress to becoming a professional hypnotherapist or a professional counsellor. If you are an existing practitioner or healthcare professional you are eligible (subject to an interview) for direct entry to our **Diploma in CBT**, which is the foundation for our training programme.

The **Diploma in CBT** consists of 6 training weekends completed over a 6-month period (9.30am-5.30pm daily)

The **Diploma in CBT** is the cornerstone of our training and will give students a solid grounding in the origins, theory and practice of REBT and how to apply its principles in a clinical setting. Students are taught the ABCDE model of emotional disturbance, the role of healthy and unhealthy beliefs and comprehensive client assessment methods, together with learning on disputation and integration.

The coursework is made up of formal lectures, demonstrations, group work and offers over 150 hours of practical work. In addition students are required to complete a reflective diary together with homework assignments to reinforce knowledge and skills. Successful candidates will be awarded the **Diploma in CBT** and are eligible to continue their training with the Diploma in Clinical Hypnosis, which leads to accreditation with the General Hypnotherapy Register or the National Hypnotherapy Society as a Cognitive Behavioural Hypnotherapist or continue to the Advanced Diploma in CBT leading to accreditation as a Counsellor with the National Counselling Society.

The Syllabus

- The principles and practice of REBT and its origin and structure
- ABCDE model of emotional change; the role of healthy and unhealthy beliefs
- Assessment of clients and goal setting
- Disputation, integration, client homework assignments
- Applying the ABCDE model and practice

Diploma in Clinical Hypnosis.

The Diploma in Clinical Hypnosis consists of 6 training weekends undertaken over a 6-month period (9.30am-5.30pm daily).

Hypnosis is a psychological state often experienced as an altered state of consciousness, similar to a meditative state, day dreaming or deep relaxation. It is completely natural, safe and is experienced by most people daily. Hypnotherapy is a popular and well-known therapy and research has demonstrated its many clinical applications. Hypnosis is not therapy; rather hypnotherapy is the use of hypnosis in a therapeutic setting.

The Diploma in Clinical Hypnosis is open to all students who have successfully completed the Diploma in CBT. At CCBT we consider a solid psychotherapeutic framework and structure in CBT is a vital prerequisite to your hypnotic training. It is our experience that this not only enhances your skills as a clinical hypnotherapist it also leads to a more robust long lasting outcome for clients. The course will give you a comprehensive background into the theories and phenomena of hypnosis and a solid training in hypnotic techniques. You will also be given ample opportunity to practice your new learning.

The coursework combines lectures, demonstrations, group work and tutorial support and offers over 150 hours of practical work. Client work is an integral part of our **Diploma in Clinical Hypnosis** and you will receive support and clinical supervision throughout. Our focus on client work enables students to practice and build confidence in their new skills.

The Syllabus

- The theories of hypnosis
- Hypnotic phenomena
- Psycho-education and practice in the use of hypnotic skills
- How to clinically integrate hypnosis into the CBT model (Cognitive Behavioural Hypnotherapy)
- Integrative Cognitive Behavioural Hypnotherapy

Included in our training are the cognitive behavioural hypnotic protocols for:

- Stopping Smoking
- Phobias
- Nail biting
- Performance Anxiety
- Blushing
- Weight control
- Emotional problems such as anxiety, moderate depression, anger, hurt, guilt, shame, jealousy and envy.

On successful completion of this course students are awarded the **Diploma in Clinical Hypnosis** and will be accredited by the General Hypnotherapy Register and National Hypnotherapy Society. You can now begin working as a recognised Cognitive Behavioural Hypnotherapist.

Advanced Diploma in CBT

The **Advanced Diploma in CBT** consists of 6 training weekends undertaken over a 6-month period (9.30am-5.30pm daily).

The **Advanced Diploma in CBT** builds on the clinical skills you have already gained in the Diploma in CBT. The **Advanced Diploma in CBT** is open to health professionals who have completed the Diploma in CBT and those students who have successfully completed the Diploma in Clinical Hypnosis. (Direct entry to the Advanced Diploma is by prior arrangement with the college).

During this course you will take an in depth look at some of the more complex symptoms you will meet in your practice and will learn specialised techniques and protocols for dealing with the more challenging and emotional conditions such as Depression, Generalised Anxiety Disorder and Obsessive Compulsive Disorder.

The course offers over 150 hours of practical work, lectures, demonstrations, group work and tutorial support. Client work is central to the Advanced Diploma and you will receive support and clinical supervision throughout ensuring you are proficient in your new skills. Our on-going emphasis on client work enables students to practice and enhance their confidence and experience as a therapist.

The Syllabus

- Irritable Bowel Syndrome
- Insomnia
- Depression
- Panic Disorder
- Generalised Anxiety Disorder
- Obsessive Compulsive Disorder
- Eating Disorders

On successful completion of the course students will be awarded the **Advanced Diploma in CBT** and are then eligible to continue with the Advanced Diploma in Integrative Therapy leading and accreditation with the National Counselling Society.

Advanced Diploma in Integrative Therapy

The Advanced Diploma in Integrative Therapy consists of 6 training weekends undertaken over a 6-month period (9.30am-5.30pm daily).

Our **Advanced Diploma in Integrative Therapy** follows on from the Advanced Diploma in CBT and is designed to offer additional specialist training to healthcare professionals. It focuses on introducing and teaching students several of the more interesting advanced therapeutic interventions such as Mindfulness, Solution Focused Therapy and Acceptance and Commitment Therapy and how to integrate them within your cognitive and behavioural therapeutic work. The comprehensive training you will receive in this module will allow you to think laterally and “out of the box” enabling you to offer your clients a truly integrated approach in their therapy sessions.

The course offers a combination of demonstrations, lectures, group work, tutorial support, client work and clinical supervision. It provides over 150 hours of practical work. The knowledge you will gain by completing the Advanced Diploma in Integrative Therapy will considerably enhance your confidence and experience as a practitioner and allow you to integrate protocols from other specialist disciplines into your therapy sessions.

The Syllabus

- Further CBT Models and Psycho-linguistics
- Paradoxical approaches
- Eye Movement Desensitization and Reprocessing (EMDR)
- Solution Focused Therapy (SFT)
- Quantum psychology
- Acceptance and Commitment Therapy (ACT)
- Mindfulness

On successful completion of the course you will be awarded the **Advanced Diploma in Integrative Therapy** and **accredited status as a Counsellor with the National Counselling Society.**

Supervision

Clinical supervision is used in counselling, psychotherapy and other mental health disciplines and is a compulsory requirement of the Diploma courses. It consists of the practitioner having regular access to a supervisor to discuss casework and other professional issues in a structured way. All students will receive clinical supervision during their client work so they can learn from experience and develop in expertise. It also ensures they provide a good service to their clients.

Other Training Options

If you have no formal therapeutic training but would like to embark on a new career in either hypnosis or counselling, or are simply interested in the subject matter, we offer two further training options.

Option 1

- **Counselling Skills and Ethics Blended Learning Course**

This course comprises the Distance Learning Module Counselling Skills and Ethics, Tutorials and assessed work. On successful completion of this you will be eligible for Diploma in CBT subject to interview.

Option 2

- **Distance Learning courses – Learn at your own pace in your own home.**

We offer two distance learning courses:

- Counselling Skills and Ethics
- CBT Theory - Albert Ellis Model
- CBT Theory – Aaron Beck Model

Counselling Skills and Ethics Blended Learning

Our **Counselling Skills and Ethics Blended learning Course** consists of the Counselling Skills and Ethics Distant Learning Module , two tutorials and assessed work.

For those individuals with little or no formal training in counselling or CBT our **duction to Counselling Skills and Ethics** Blended Learning Course is designed to give you the opportunity to advance your knowledge of this therapeutic practice and to gain the basic skills you need for entry into our Diploma in CBT. It will provide a solid basis on which to build your future knowledge and training. You will learn the basic structure of a counselling session together with the 3 stage counselling model and the ethical guidelines inherent in counselling.

The course uses a Course uses a combination of distance learning module tutorials and assessed work, giving you ample opportunity to gain confidence in you learning.

During the course you will be required to undertake reflective work and homework assignments to reinforce your learning.

There are no specific academic requirements for the **Counselling Skills and Ethics Blended Learning Course**. The CCBT philosophy is that life experience and other skills are valid. On completion of this course you will be eligible for consideration onto our Diploma in CBT and guaranteed an interview.

The Syllabus

- The Basic Structure of a Counselling Session
- The 3 stage Counselling Model
- Specific Counselling skills and techniques
- Ethics and Practice Guidelines.

Distance Learning Courses

An exciting new innovation in our training courses is our Distance Learning Programme. Designed for those with no formal psychotherapy training or simply an interest in Counselling or CBT these courses offer the opportunity to continue and advance your learning in your own home and at your own pace.

Currently we offer three Distance Learning Courses:

- **Counselling Skills and Ethics**
- **CBT Theory – Albert Ellis Model**
- **CBT Theory – Aaron Beck Model**

Counselling Skills and Ethics

On this distance learning course you will learn the basic structure of a counselling session and the popular 3 stage counselling model together with the ethical principles inherent in counselling. We use comprehensive workbooks, which include topic-by-topic self-assessment questions to allow you to reinforce and monitor your learning.

CBT Theory

On this distance learning course you will learn the history, theory and practice of CBT in order to give you a solid foundation on which to build your future knowledge. We use comprehensive workbooks, which include topic-by-topic self-assessment questions. These allow you to reinforce and monitor your learning. You will receive full feedback on your work. There are two CBT modules, Ellis and Beck, which make up the CBT Theory Distance Learning Course.

CPD Events

In addition to our professional training courses we have an exciting schedule of specialist workshops covering a wide range of emotional and psychological issues. Our workshops are open to all CBT practitioners, hypnotherapists, counsellors, psychotherapists and healthcare professionals. They are also open to those interested in the subject matter or for personal development.

Why not get a feel for our learning experience first hand and attend one of our many workshops.

We are constantly updating our schedule and adding new workshop dates in London, Bath and Sheffield so please keep checking our website on www.cbtttherapies.org.uk

Our Team

Avy Joseph

Avy Joseph is Director and Co-founder of CCBT and City Minds. He lectures on a number of the courses. He is a registered and accredited CBT therapist with the British Association for Behavioural and Cognitive Psychotherapies (BABCP) with an MSc in REBT and is a board accredited member of Association of Rational Emotive Behavioural Therapy (AREBT). He has a private practice in Central London.

Maggie Chapman

Maggie is a Director and Co-founder of CCBT and City Minds. She is a lecturer and head of assessment for the college. Maggie qualified as an accountant working in the City. She then qualified as a bereavement and trauma counsellor before further developing her skills to work with adolescents. She has private practices in Central and South West London.

Beverly Harper

Beverly Harper is a senior lecturer, student liaison officer and Bath regional manager. She has studied cognitive behavioural psychotherapies gaining a diploma and a MSc. in REBT from Goldsmiths College, University of London. Additionally she works in the corporate sector training senior managers in coaching skills. She has a private practice in Central London.

Ian Martin

Ian Martin is a senior lecturer teaching the diploma courses. Ian retrained as a psychotherapist aged 50, following a lengthy career in theatre. He completed his MSc in REBT at Goldsmiths. He works as a REBT psychotherapist in the Therapy Department at the Priory Hospital in Roehampton. He runs a REBT based weekly 'Self Acceptance Group' at the Priory and runs a busy private practice in London.

Moya Layton

Moya is a tutor and lecturer. She graduated with a BSc in Nutritional Therapy from the University of Westminster where she was awarded the Nutri Prize for "Clinician of the Year". She is a member of the British Association for Applied Nutrition and Nutritional Therapy and is approved by the Nutritional Therapy Council. She has an MSc in REBT from Goldsmiths College and specialises in working with IBS.

Daniel Fryer

Daniel is a lecturer at the college. A former journalist and writer, Daniel is a practising Cognitive Behavioural Therapist and Hypnotherapist. He has an MSc in REBT from Goldsmith's College. He specialises in work-related stress management and trauma and is also a specialist at the Royal Brompton Hospital. He runs a private practice in Central London and holds a regular clinic for a healthcare company.

Joy Baines

Joy Baines is a lecturer at the college. She is also a qualified Cognitive Behavioural Hypnotherapist, Life Coach, NLP practitioner, and Meridian Therapist. Joy has an MSc. in Applied Immunology from Brunel University and has worked for over thirty years in the NHS as a Senior Biomedical Scientist, specialising in haematology and immunology. She runs a private practice in South East London.

Guest Lecturer

Windy Dryden

Windy Dryden is Professor of Psychotherapeutic Studies, Goldsmiths College, University of London. He lectures on the Cognitive Behaviour courses at CCBT. He is a Fellow of the British Psychological Society and of the British Association for Counselling and Psychotherapy. He is a Fellow of the Albert Ellis Institute and a Founding Fellow of the Academy of Cognitive Therapy. To date he has authored and edited over 160 books.

Dr Claude Botha

Dr Botha is the college's medical advisor. He is a clinical research fellow at The Wingate Institute for Neurogastroenterology, Queen Mary College, University of London. His background is in psychiatry, being registered with the Royal College of Psychiatrists and General Medical Council. He specialises in gut disorders and is trained in clinical hypnosis, cognitive behavioural hypnotherapy, EMDR, CBT and CAT.

Dr Jennifer Gomborone

Jennifer is a clinical advisor. She is a consultant chartered psychologist and is based at the London Medical Centre. She is also an honorary senior research Fellow in the Centre for Gastroenterology, within the Institute of Cell and Molecular Science, Queen Mary's School of Medicine and Dentistry. Her clinical and research interests are irritable bowel syndrome and post viral chronic fatigue syndrome.

Angela Giuliani

Angela is both an experienced teacher and lecturer. Angela is a qualified teacher and NLP Practitioner, holding a Cert. Ed. and a Postgraduate Diploma in Educational Psychology, as well as a Diploma in Hypnosis and Cognitive Behavioural Hypnotherapy. She has twenty seven years experience in education, as a class teacher in mainstream and special schools. She has a private practice in Surrey.

Carla Shehfe

Carla is a visiting lecturer at CCBT. She first started in psychology more than fifteen years ago when she graduated with a BA in psychology from McGill University in Montreal, Canada. She obtained her MSc in REBT from Goldsmiths College. A qualified clinical and cognitive behavioural hypnotherapist, Carla now heads up the psychological clinical team in Beirut, Lebanon.

Suzy Dittmar

Suzy is a visiting lecturer for the college and a qualified cognitive behavioural therapist and hypnotherapist. She has an MSc in REBT, from Goldsmiths College, University of London and an accredited member of the BABCP. She works as a therapist in private practice in Central London and at the Priory Hospital in Roehampton. She has also worked at a charity for people with long term drug and alcohol problems.

Nicola Todd

Nicola Todd is a tutor for the college. She has an MSc in REBT from Goldsmiths College. She is a Cognitive Behavioural Hypnotherapist and Cognitive Behaviour Therapist working within the NHS under the IAPT programme as well as running a busy private practice in Kingston upon Thames. She specialises in the treatment of performance anxiety (stage fright, interviews, presentations, examinations).

Fees:

All of our Diploma courses are subject discounts if paid in advance in full. We also offer a pay as you go instalment plan to help students manage their budget, after payment of the initial deposit. As our courses are competitively priced many of our students have had them funded by their employers.

Diploma in CBT	£949.00 (inc. VAT)
Diploma in Clinical Hypnosis	£949.00 (inc. VAT)
Advanced Diploma in CBT	£949.00 (inc. VAT)
Advanced Diploma in Integrative Therapy	£949.00 (inc. VAT)

Discounts on the Diploma and Advanced Diploma courses

5% discount for full payment of one course.

10% discount for full payment of two courses.

15% discount for full payment of three courses.

Instalment payment option

We also offer payment by instalment. These are not subject to discounts and must be agreed in advance.

Counselling Skills and Ethics Blended Learning	£285.00 (inc. VAT)
Distance Learning Counselling Skills and Ethics	£185.00 (inc.VAT)
Distance Learning CBT Theory - Albert Ellis Model	£185.00 (inc.VAT)
Distance Learning CBT Theory – Aaron Beck	£185.00 (inc.VAT)

Discount on the Distance Learning Courses

10% discount if you purchase two or more.

Workshops	£95.00 (inc.VAT)
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10% Discount on workshops when booking two or more.

On-going commitment

As part of our on-going commitment to our students we offer a 10% discount to past or present students who wish to attend any of our scheduled workshops.

How to apply

To apply for the **Diploma in CBT** course simply download and print out the application form. Fill it in indicating which course location you wish to attend and return it to us. If your application is successful you will be invited for an interview. Direct entry onto our other Diploma courses is dependent on the assessment of prior learning. Payment can then be made online, bank transfer, credit card or by cheque.

To apply for our **Counselling Skills and Ethics Blended Learning Course** simply download and print out the application form. Fill it in indicating which location you wish to attend and return it with your payment. Payment can be made online or by cheque. You will not be required to attend an interview.

As our courses are regularly oversubscribed we would suggest you send in your application as soon as possible to ensure your place on our programme.

For our Distance Learning Courses or CPD Events simply pay online or call us.

Please send your completed application form to:

CCBT, 83 Baker Street, London W1U 6AG

If you have any questions on our courses please call us direct on 0207 034 7049.