

Dear Student,

Thank you for choosing CCBT's Distance Learning course in CBT. Please find attached the following:

- 1: Handbook
- 2: Workbook
- 3: Course Evaluation

Please read the Handbook first. It explains the course aims and objectives.

On completion of our studies, please email the course assessment requirements to [admin@cbttherapies.org.uk](mailto:admin@cbttherapies.org.uk). Your work will then be assessed and your certificate will be posted afterwards. We would also appreciate it if you can email a course evaluation as your feedback and learning experience is important to us.

Enjoy your study of CBT.

Best wishes



Avy Joseph  
Principal, CCBT