

College of Cognitive Behavioural Therapies

2025

Thank you for requesting our prospectus. We are delighted to announce our range of courses for 2024/25 specialising in cognitive behavioural therapies.

We are very proud of the courses we offer, as they have been carefully designed to help participants learn and develop professionally. Each weekend of study provides opportunity to practice and develop a high level of competency in the skills of cognitive behavioural approaches to psychotherapy.

Our lecturers are the best in the field, and all are practicing therapists. The lecturers on the Diploma course are exclusively drawn from graduates of the MSc in Rational Emotive Behaviour Therapy (REBT) at Goldsmiths College London. REBT is one of the main models of Cognitive Behaviour Therapy (CBT), developed by Albert Ellis. It is the philosophical evidence-based CBT which teaches a universal model that can be successfully applied to a wide range of problems and symptoms.

If you are interested in professional counselling, cognitive behaviour therapy or cognitive behavioural therapy and its integration with other models of therapy or wish to enhance your therapeutic skills, we offer high quality training to suit your needs. Please find enclosed a copy of our 2024/25 prospectus for our fully accredited courses with our course dates and prices together with an application form. To apply, simply complete the application form and send it back to us.

You would expect us to be proud of what we offer so don't take our word for it, go to our website, www.cbtttherapies.org.uk and see what previous graduates from our courses have to say. If you wish to speak to us directly then please call us on 020 8674 1233.

Kind regards

Avy Joseph

Principal CCBT Ltd