

# COUNSELLING & PSYCHOTHERAPY TRAINING INSTITUTE

## SHORT COURSES 2010

### MOTIVATIONAL INTERVIEWING & THE STAGES OF CHANGE

Motivational Interviewing (MI) is a goal-directed, client centred approach used to facilitate behavioural change. The central purpose of MI is to examine, clarify and resolve the conflict between two courses of action which creates an ambivalence to change. MI can be used in a variety of work settings involving working with people who are resistant to change.

By attending this course, participants will:

- be introduced to the theory and practice of MI.
- learn strategies to overcome resistance to change, in yourself and others.

**May 24/25/26 2010, Aberdeen**

**Fee: £330.00, Concessionary Fee: \*£298.00**

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### COGNITIVE BEHAVIOURAL THERAPY

Cognitive Behavioural Therapy (CBT) is a time limited and focussed approach which can help people to think differently about the situations they find themselves in, and to find ways of behaving that will create a more positive outcome. CBT techniques can be beneficial in all contexts involving working with people to facilitate change.

By attending this course, participants will be introduced to:

- the theory, principles and concepts of CBT.
- the knowledge and skills to apply CBT techniques in both personal and work related settings.

**June 7/8/9 2010, Aberdeen**

**Fee: £330.00, Concessionary Fee: \*£298.00**

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### COUNSELLING SKILLS

Counselling skills focus on enhancing communication and can be beneficial in many workplace situations. Participants on this course will learn the principles of counselling: empathy, effective listening and relationship building. They will explore and develop their capacity to listen actively and question effectively in order to challenge discrepancies and contradictions, and introduce new perspectives.

By attending this course, participants will:

- Understand the core concepts that underpin counselling skills
- learn how to apply counselling skills in practice

**October 6/7/8 2010, Aberdeen**

**Fee: £330.00, Concessionary Fee: \*£298.00**

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\* Concessionary Fees are available to self-funded individuals, voluntary organizations and charities.

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## COURSE BOOKING FORM

Bookings can be made online at [www.cpti.info](http://www.cpti.info) or by completing the form below.

Course	Number of Places	Fee	Total
Motivational Interviewing and the Stages of Change May 24/25/26 2010	<input type="checkbox"/>	Fee £330 <input type="checkbox"/> Concessionary Fee £298 <input type="checkbox"/>	
Cognitive Behavioural Therapy June 7/8/9 2010	<input type="checkbox"/>	Fee £330 <input type="checkbox"/> Concessionary Fee £298 <input type="checkbox"/>	
Counselling Skills October 6/7/8 2010	<input type="checkbox"/>	Fee £330 <input type="checkbox"/> Concessionary Fee £298 <input type="checkbox"/>	

Name:	
Address:	Post Code:
Email:	Telephone:
I enclose a cheque for £_____ payable to CPTI <input type="checkbox"/>	
<b>OR</b> Please invoice my organisation (add details below) <input type="checkbox"/>	
Order number or authority for invoice :	
Address:	
Post Code:	Telephone:
Signed:	Date:

Please complete this form and return it to: CPTI, 86 Causewayside Edinburgh EH9 1PY