

Introduction to Cognitive Behaviour Therapy (CBT) – Child and Adolescent series - Oxford **Cognitive Therapy Centre (OCTC)**

The course consisted of 8 days of workshops and facilitated by several OCTC therapists; I completed the training in January 2020.

It included 4 days of generic CBT workshops and 4 days of specific workshops focusing on working with children and adolescents who experience anxiety and depression.

Part 1: Assessment & Formulation

This included an Introduction to the basic CBT theory and the skills needed to assess clients, identifying difficulties, goal setting and producing a CBT formulation of the client's difficulty.

Part 2: Basic Therapeutic Skills

During this workshop, we explored assessment and formulation in more detail and looked at agenda setting, identifying and testing negative thoughts, goal setting and the use of behavioral experiments. I had the opportunity to practice Socratic questioning a core skill used in CBT.

Part 3: Adapting CBT for Children and Young People & Working with Families in CBT with Young People

Using the skills from the previous 4 days, we learnt how to adapt this to working with young people, taking into account developmental issues, how to engage children, young people and significant others. We explored suitability for CBT, how to manage confidentiality and risk; and discussed family influence on the young person's problems and treatment, how to involve family and the wider system in therapy, including systemic CBT formulation.

Part 4: CBT for Depression and Anxiety in Children and Young People

Explored signs and symptoms of depression and evidence base for CBT, looking at specific CBT tools; behavioral activation, tackling negative thinking, managing risk and relapse prevention.

An understanding of how anxiety presents and evidence base for CBT and introducing skills to manage anxiety.

The workshops involved learning through small group discussions, role-play, videos and reflections. Using a case study, we were able to practice the process from assessment to formulation.

I am a mental health worker supporting young people who experience first episode psychosis, working with 14 – 35-year olds. Having the opportunity to attend this training has benefited service users I work with and families. One of the reasons I chose this course is because of the Part 3 workshop, working systemically and introducing formulation in sessions with family, which really informs my thinking and the way I work with families.

The facilitators were from a range of professional backgrounds and were all trained in CBT and worked with young people and families. The workshops were run very well with opportunity to ask questions and reflect on personal practice; the resources were sent before each training day

along with an extensive reading list. I really enjoyed the all the workshops and have integrated the skills into my work; I am also working with individuals in our service using structured sessions under supervision.

This has been a great opportunity for me, and I would recommend this training to individuals who want to gain an understanding of CBT and core skills involved; I would like to thank the Foundation for funding this training.