

CBT skills: Working With Complex Cases

What makes a case complex? Though it's hard to define, we have all tackled one!

This practical one day workshop provides a 'ball of string' to help us find our way in and out of the complex case maze.

By the end of the day you will

- Understand where to begin
- Have an awareness of factors which make a case complex
- Formulate a complex case
- Know when you need 'standard' vs adapted CBT
- Know the three stages of therapy for complex cases
- Learn some specialist strategies to deal with treatment resistant cases
- Make a treatment plan for your own case

The day will use case vignettes and your own case material and experience.