



Full-day workshops Half-day workshops 90-minute webinars

Process-based Therapy	Stefan Hofmann	4.4.22
When it is Darkest: Understanding and Preventing Suicide	Rory O'Connor	27.4.22
An Overview of CBT for Psychosis	Emmanuelle Peters	5.5.22
When our patients want CBT for anxiety but....	Cory Newman	12.5.22
Treating Later Life Depression: A CBT Approach	Larry Thompson, Dolores Gallagher Thompson & Ann Steffen	17-19.5.22
Evidence-Based Supervision: Take-away points from research to guide best practice	Aisling McMahon	26.5.22
Transdiagnostic approaches for emotional disorders across ages	David Barlow & John Weisz	6.6.22
Brief Behavioural Activation	Carl Lejuez	8.6.22
Current approaches to improving self-esteem	Reena Vohora	14.6.22
Culturally Sensitive Low Intensity CBT	Taf Kunorubwe	23.6.22
Working Therapeutically with People who Self-Injure and Self-Harm	Andrew Reeves	28.6.22
Working in a culturally sensitive way in CBT	Taf Kunorubwe	6.7.22
Emotion Regulation Therapy	Douglas Mennin & David Fresco	13-14.7.22
Cognitive Therapy for Social Anxiety Disorder in Adults and Adolescents	David Clark	7.9.22
Cognitive Therapy for PTSD in children and young people	Richard Meiser-Stedman	13.9.21
Psychological Treatment of Insomnia	Kirstie Anderson	15.9.22
Brief CBT for non-underweight eating disorders: An evidence-based approach	Glenn Waller	20.9.22
Facilitating cognitive change and enhancing CBT skills in the treatment of Depression	Dan Strunk	5-6.10.22
Adjustment to a diagnosis of a long-term physical condition	Rona Moss-Morris	19.10.22
Current approaches to treating Generalised Anxiety Disorder	Colette Hirsch	3.11.22
Social Anxiety Disorder: understanding and assessment at LICBT	Jenny Lam	16.11.22
Trauma and PTSD: understanding and assessment at LICBT	Nick Grey and Clea Alber	24.11.22
CBT for Health Anxiety and Medically Unexplained Symptoms	Winfried Rief	29.11.22
Honing Psychoeducational Group Skills	Liz Ruth	8.12.22
CBT for Mental Contamination	Maureen Whittal & Roz Shafran	14.12.22
CBT for Post-Traumatic Stress Disorder	Jennifer Wild	12.1.23
Working with autistic clients	Will Mandy & Richard Pender	19.1.23
Using Imagery in Cognitive Therapy	Susie Hales	24.1.23
CBT for Body Dysmorphic Disorder	Fugen Neziroglu & Sony Khemlani	3.2.23
Psychological Approaches to Covid and Long Covid	Daryl O'Connor	8.2.23
Making the most of routine outcome measures	Jaime Delgadillo	22.2.23
Optimising outcomes in CBT for OCD	Roz Shafran	7.3.23
CBT for ADHD: An Implementation-Focused Approach	J Russell Ramsay	9.3.23
Schema Therapy: A brief guide	Jeffrey Young	13.3.23
Working with Parents of Children with Anxiety	Cathy Creswell	16.3.23
Working with complicated and complex PTSD	Kerry Young	30.3.23