



AUSTRALIAN ASSOCIATION OF SOCIAL WORKERS (NSW BRANCH)

**COGNITIVE THERAPY: FUNDAMENTAL PRINCIPLES
AND CLINICAL SKILLS**

A TWO-DAY COURSE

Presented by Greg Sorrell

Date: Thursday, 20 May, 2010.
Friday, 21 May, 2010
Time: 9.30 a.m. to 4.30 p.m.
Venue: AASW NSW Branch Office
123a Mitchell St, Glebe (cnr Derwent St – enter from Derwent St)
(Four-hour metered parking outside the venue; non-metered parking a couple of streets away)
Cost: AASW members: \$220.00 (incl. GST)
Social workers who are non-members: \$298.00 (incl. GST)
CPE Points: This course attracts 24 AASW CPE accreditation points

The Cognitive Therapy (CT) model developed by Aaron T. Beck and supplemented by the work of Albert Ellis (REBT), Donald Meichenbaum, Christine Padesky, Art Freeman, Martin Seligman and others provides a clear, systematic and well-tested basis for working with clients who experience one or more of a wide range of clinical disorders. CT is a versatile skill-building model with a solid reputation for relapse prevention and client empowerment.

This workshop will provide comprehensive coverage of the Cognitive Therapy model, its principles and clinical relevance. Further, it will also offer participants the opportunity to explore:

- Tasks in the practice of CT
- The main theoretical constructs
- A significant number of key techniques commonly used in CT.

This workshop will include a review of training DVDs and audios, practice skills, clinical applications and case studies, substantial notes and references.

GREG SORRELL B.A., M.A., M.Psych. is a clinical psychologist with over thirty years' experience. Initially, Greg worked with the Department of Youth and Community Services, followed by fourteen years with the Cumberland Hospital drug and alcohol unit. While working in that unit, he developed a cognitive restructuring course (the precursor of his Cognitive Therapy training) for patients and for staff training. During the last ten years, Greg has been conducting Cognitive Therapy training for individual mental health workers on behalf of government and private organisations. His main professional interest is the application of Cognitive Therapy principles to a range of clinical areas, and keeping up to date with the latest developments in Cognitive Therapy.

CLOSING DATE FOR APPLICATIONS: Friday, 7 May, 2010

Enquiries: AASW NSW Branch – tel. 02 9518 4944, fax 02 9552 3005, email nives@aswnsw.com.au

Please note: 1. **Payment by closing date is required to secure a place**
2. **Cancellations after the closing date and non-attendance are not eligible for refund**

Registration Form and Tax Invoice

**Cognitive Therapy –
Fundamental Principles and Clinical Skills**

AASW ABN 93 008 576 010

Thursday, 20 May & Friday, 21 May 2010.

Cost for cheque/money order/direct deposits Members: \$220.00 (incl. GST), Non-members: \$298.00 (incl. GST)
Cost for credit card payments Members: \$227.00 (incl. GST), Non-members: \$307.00 (incl. GST)
For credit card payments please call the AASW NSW Branch Office.

Name _____ Member No. _____

Workplace _____

Address _____

Phone _____ Mobile _____

Email _____

Please send registration form and cheque payable to AASW NSW Branch, PO Box 838 Glebe NSW 2037.