



DAY 2: Sunday 24 November, 13.15–14.45

16 Cognitive behavioural therapy basics

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Love it or revile Cognitive Behavioural Therapy (CBT) is the cornerstone of direct practice if you work in Medicare funded contexts. This workshop will revise basic Cognitive Behavioural Therapy concepts for experienced practitioners and serve as an introduction for students.

This workshop will revise the CBT model and associated CBT thinking skills. Examples from the presenter's own practice will be used to ground the ideas in social work practice. The political nature of CBT as an individualist-reformist intervention will be briefly discussed but the presenter will argue that CBT can be used as an effective tool for empowering service users.