



## Cognitive Behavioural Therapy Training

CBT is a structured therapy which involves the use of exercises and tools to work practically with individuals to assist them to alleviate distress and become more functional. CBT recognises that the way we think influences behaviour, and unhelpful thoughts (cognitions) sometimes lead on to negative feelings and dysfunctional behaviours.

**Day 1:** Introduction to CBT – Thursday 11<sup>th</sup> November 2021

**Day 2:** Intermediate CBT – Friday 12<sup>th</sup> November 2021

**Cost:** \$220 + GST per day

**Time:** 9.30am to 4.00pm both days

- Resource materials supplied
- Morning and afternoon tea provided
- Attend one or both days

**Trainer:** Dr Sean Sullivan

**Venue:** ABACUS offices, 8 Pompallier Terrace, Ponsonby, Auckland 1011

**DAPAANZ** points are applicable for **DAPAANZ** members (15 points per day)

**Dr Sullivan** is a registered psychologist specialising in addictions, research and therapy training (Motivational Interviewing & CBT), and maintains a current caseload of clients. His Doctorate from the Dept. of General Practice & Primary Health Care (Auckland) involved the development of a brief GP screen for problem gambling. He has been instrumental in the development of problem gambling treatment services in New Zealand.

His experience includes being a lecturer and researcher at Auckland Medical School, Wellington Institute of Technology (WelTech), Auckland University of Technology (AUT) and as guest lecturer at other tertiary institutions.

**RSVP by: 29<sup>th</sup> October 2021** Keryn ph 09-360-6957 [office@acts.co.nz](mailto:office@acts.co.nz)

**Registration:** \$220 +GST per day

Please email Keryn at [office@acts.co.nz](mailto:office@acts.co.nz) with your name, organisation (if applicable), email address and phone number plus details of where an invoice can be forwarded. Please await confirmation of your registration, as participant numbers are limited.

**Cancellation and amendment fees:**

For less than 7 days' notice no refund is given.