



Cognitive Behaviour Therapy (“CBT”)

One of the major premises of CBT is that people emotionally disturb themselves by the irrational beliefs they hold about themselves, others and the world. Comfortingly, we learn that human beings have a biological tendency to think not only rationally but also irrationally.

CBT is a structured, collaborative and active-directive process that is goal-orientated and problem focused. It works extremely well in conjunction with hypnosis and is strongly influenced by the Roman philosopher Epictetus who stated that “men are disturbed not by things but by their view of things”. This therapy is now well recognised and accepted throughout the world due to considerable empirical evidence accrued to support its efficacy.

This CPD course will be led by **Nicola Martin** and will provide a comprehensive introduction to CBT and Rational Emotive and Cognitive Behaviour Therapy (“RECBT”). Nicola has an MSc from Goldsmiths University London where she trained under the well-known and respected Professor Windy Dryden in CBT and RECBT.

Dates and Venue

4th/5th **and** 18th/19th February 2012
Central London venue to be confirmed

Cost

£440, split between a £100 registration deposit and £340 on 4th February 2012

Please note that, in order for training days to accrue towards your DHP and/or MCH (as applicable), you will need to attend the entire course. Please also note our 21-day cancellation policy, under which cancellations will be accepted (and deposits refunded) up to 21 days prior to the start of this course.

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ENROLMENT FORM (CBT – 4/5 & 18/19.2.12)

Please send to: The Institute of Clinical Hypnosis, 28 Tantallon Road, LONDON, SW12 8DG

Surname:		First Name:		Title:	
Address:					
Post code:				(Tel Day)	
				(Tel Mob)	
E-mail address:					

Payment method – please tick and complete either Section 1 or Section 2 below:

- 1 I enclose a cheque, payable to ICH, for £.....; **or**
 2 I wish to pay by debit/credit card^(Note 1) and my details are as follows:

Card type:				Card issuer (eg HSBC):											
Card number:															
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Start date:								Expiry date:							
Security No ^(Note 2) :								Issue number (if applicable):							

SIGNATURE: DATE:

1 Please note that a surcharge of 2.65% is payable on all credit cards. There is no additional charge if you pay by debit card. We accept Mastercard, Visa, Visa Debit, Visa Electron, Maestro and Solo. A receipt will be sent to you by post if you pay by debit/credit card.
 2 This will be the last 3 or 4 numbers on the reverse of your card, on the signature strip.