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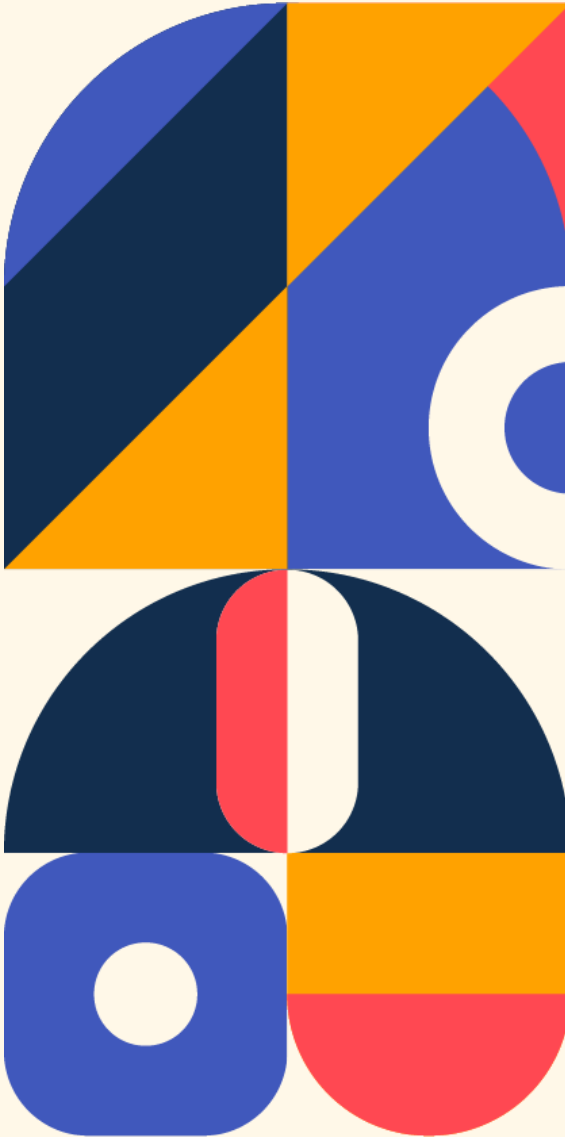
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Introduction to CBT Techniques

Reflective Questions and Further Reading



Reflective Questions

- 1 Did you feel any differently about CBT at the end of the training course than you did in the reflective period at the beginning of the course? If so, what might be behind that shift in how you feel? If you don't feel any differently, what remains unclear/unconvincing for you?
- 2 Pick out three specific interventions you might use in your own work and practice? Are you working with specific individuals right now where some/all of these techniques might be helpful immediately? Try to pick a mix of Think, Act, Be interventions/techniques.
- 3 How might you incorporate some of these CBT techniques into your style of working, making reference to the five key evidence-based principles of good therapy?



Further Reading

Gillihan (2018). Cognitive Behavioural Therapy Made Simple: 10 Strategies for Managing Anxiety, Depression, Anger, Panic and Worry.

Robertson (2010). The Philosophy of Cognitive Behavioural Therapy (CBT): Stoic Philosophy as Rational and Cognitive Therapy.

Hayes (2019). A Liberated Mind: The Essential Guide to ACT.

Cully (2008). A Therapist's Guide to Brief Cognitive Behavioural Therapy.