



# Introduction to working effectively with children and young people using CBT Techniques

*An online course suitable for all staff working with children and young people*

## Tuesday 3<sup>rd</sup> December 2024

- Effectively engaging children and young people in treatment
- Developmental and neurodiverse (ASD/ADHD) adaptations to CBT for children and young people
- Incorporating abstract narratives, metaphors, and imagery-based techniques, with concrete and visual methods to improve physical outcomes
- Working systemically by addressing barriers to effective treatment, supporting co-regulation, and collaboration within the wider system



**Course lead: Vicky Lucas**

**Cognitive Behavioural Therapist at the Pulvertaft Hand Centre**

**Venue :** Online access via Zoom—  
*3.5hrs webinar to watch BEFORE live session and live 3.5hrs session via Zoom on 3rd December*

**Day rate £ 60.00**

**Includes:** 3.5hrs webinar to watch BEFORE the live session

*To apply and pay online please go to:*  
[www.pulvertafthandcentre.org.uk](http://www.pulvertafthandcentre.org.uk)



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