

The Lead Organisation for CBT in the UK and Ireland

British Association for Behavioural
& Cognitive Psychotherapies



CBT Strategies for Working with Emotional Regulation and Self-Harm

Date: 13th October 2017

Fee: £130 or £106 for BABCP members

Tutors: [Dr Katrina Hunt](#) and [Dr Lucy Taylor](#)

Location: Anna Freud National Centre for Children and Families, 12 Maresfield Gardens, London, NW3

This one-day workshop, jointly offered by BABCP and the Anna Freud National Centre for Children & Families will offer strategies from both DBT and CBT perspectives, that can be used to work with children and young people who have problems with emotional regulation and self-harm.

The goals of emotional regulation when working with a young person will be covered, for example, for a young person to become more aware of their emotions, to be able to observe and describe different emotions and think about their functions, to think about the links between emotions, thoughts, physical reactions and behaviour and to become aware of how interventions in these four areas can reverse negative vicious cycles which are causing low mood and emotional dysregulation

Aims of the training

- To further understand self-harm and emotional dysregulation.
- Emotion regulation strategies from DBT and CBT perspectives.
- To learn practical tools, through experiential exercises to offer emotional regulation and distress tolerance to young people who self-harm.

For more information, or to book a place please visit: [CBT Strategies for Working with Emotional Regulation and Self-Harm](#) or email davina.metters@annafreud.org

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