Behavioural Experiments in Clinical Practice (advanced level)

Behavioural experiments are of fundamental importance within CBT and a key tool for facilitating cognitive and behavioural change. Designing and implementing behavioural experiments pose many questions and challenges for the therapist and client - What beliefs should be targeted? How can they be targeted most effectively? What if it goes ‘wrong’? This practical workshop will describe how behavioural experiments can best be used within CBT, how they should be designed, and what to do when they go ‘wrong.’ Practical examples will be used from patients with depression and anxiety disorders.

Learning Objectives

- To understand how and when behavioural experiments should be used within CBT
- To be aware of the distinction between behavioural experiments and behaviour therapy/graded exposure
- To learn to design and implement behavioural experiments within evidence-based protocols for anxiety and depression
- To inspire confidence and enjoyment in the use of behavioural experiments.

Training Modalities

The workshop will be interactive and include both experiential and didactic teaching and DVDs. Participants are encouraged to bring their own cases.

Recommended reading