

**FREE TRAINING OPPORTUNITY FOR THIRD SECTOR:  
COGNITIVE BEHAVIOURAL APPROACHES TO WELLBEING**

**Feb 1<sup>st</sup> and 2<sup>nd</sup> whole days  
Feb 9<sup>th</sup> 1.5 hrs  
Feb 23<sup>rd</sup> 1.5 hrs  
March 8<sup>th</sup> 1.5 hrs  
March 22<sup>nd</sup> 1.5 hrs**

**Liz Rafferty, Psychological Interventions Team, NES.**

**INTRODUCTION:**

The aim of the training is to equip people employed or volunteering in the 3<sup>rd</sup> sector with some further skills to support people to make positive changes in moving towards their goals. There are two levels of training:

Level a: you will learn the Cognitive Behavioural model and some skills to use with your clients such as problem-solving, planning and reviewing, anger management, thinking skills.

Level b: you will learn these skills and also some coaching skills so that you can pick up the coaching element once the training has finished.

To qualify for this training, you will need:

- To be providing a service to people which involves helping them to make positive changes in their lives;
  - To have the support of your organisation for this work
  - To be able to attend both training days: 1 and 2 Feb 2016
  - To be able to attend 4 x 1.5hrs coaching sessions on the following days:
    - 9<sup>th</sup> Feb
    - 23<sup>rd</sup> Feb
    - 8<sup>th</sup> March
    - 22<sup>nd</sup> March
- (there will be two coaching groups, one will meet 10.30-12.00, and one will meet 1.00-2.30). You will need to be able to attend at least 3 of the 4 coaching sessions.
- To commit to deliver the skills in your work
  - To commit to 1.5 hour coaching/peer supervision sessions after that as long as you are continuing to use the skills, approximately 10 per year

Marilyn Aitkenhead,  
Head of Psychological Therapies (Training and Development)  
NHS Borders  
[Marilyn.aitkenhead@borders.scot.nhs.uk](mailto:Marilyn.aitkenhead@borders.scot.nhs.uk)  
01896 827153