

SPECIAL OFFER: AREBT 2022 Conference attendees

Cognitive Behavioural Therapy: Using the SPACE model for assessment and intervention

2-day CPD Workshop
Tue 24th – Weds 25th January 2023
Usual price £276 NOW £193.20 (inc VAT)

SPACE is a cognitive behavioural model that is used for assessment and intervention in counselling, therapy, coaching, stress and anxiety management (Edgerton & Palmer, 2005). SPACE has been adapted to different languages and cultures including Portuguese (Dias, Edgerton & Palmer, 2010) and Polish (Syrek-Kosowska, Edgerton & Palmer, 2010).

This 2-day CPD workshop will provide theory and skills practice for practitioners who want to use the SPACE model for therapeutic work within a cognitive behavioural therapy (CBT) framework.

AIM

To provide participants with a practical introduction to the application of the SPACE model within Cognitive Behavioural Therapy (CBT). This covers the five aspects or modalities: **S**ocial Context, **P**hysical, **A**ctions, **C**ognitions & **E**motions.

OBJECTIVES

By the end of the workshop participants will have:

- an understanding of the SPACE Model and its application within CBT
- be able to make decisions about when to use SPACE and introduce clients to it
- be able to conduct a preliminary SPACE analysis of an incidence (**Blue work**)
- be able to deepen the understanding identifying thinking errors and self-defeating behaviours (**Red work**)
- be able to develop interventions with the client (**Green work**)

Participants will have the opportunity to practise the application of the SPACE model in small group work. Handouts and a manual are provided.

For the purposes of skills training, participants should be prepared to discuss one problem in small group work. Normal rules of confidentiality apply.

Further details about the workshop can be found here: <https://www.managingstress.com/cbt-space>

HOW TO BOOK

- Complete the fillable PDF application form - available [HERE](#)
- Complete the form, send an email with the application attached to us for processing
- Don't forget to quote the promotional code: AREBT2022 to get the discounted rate

WE LOOK FORWARD TO WELCOMING YOU