

## Winter 2010/11 Workshop Programme

### Cognitive Behavioural Therapy Interventions for the Sports Psychologist: An Applied Workshop

Friday 4 February 2011 (rescheduled from 24 November)  
9.30am - 4.30pm

Salford Sports Village

09.30 -10.00	Arrival and refreshments / Workshop booklets etc
10.00 - 11.00	<p><b>Introduction</b></p> <p><b>What is CBT? Transfer from Psychotherapy to Sport &amp; Exercise Psychology</b></p> <p><b>Clarifying terminology and consideration of Important Principles for Applied Practice</b></p> <p><b>What does it offer Sport Psychologists working in the field?</b></p> <p><b>Clinical /referral considerations – complying to professional codes of conduct.</b></p>
11.00-11.45	<p><b>Consideration of cases for CBT intervention (Group Exercise)</b></p> <p>David Knight</p>
11.45-12 noon	Coffee break
12 -12.30	<p><b>Case study discussion / analysis using CBT model part 1</b></p> <p>David Knight</p>
12.30-1 3.00	<p><b>Case study discussion / analysis using CBT model part 2</b></p> <p>Mike Davison</p>
13.00-13.40	Lunch
13.40-14.40	<p><b>Problem solving tasks using CBT techniques – Opportunity to consider applying considered proposed intervention packages</b></p> <p>David Knight</p>
14.40-14.50	Break
14.50-15.20	<p><b>Feedback and discussion of proposals from Delegates</b></p> <p>David Knight and Mike Davison</p>
15.20-1 5.50	<p><b>Consolidating CBT understanding in application to Sport and Exercise Environments</b></p> <p>David Knight and Mike Davison</p>
15.50-16.00	Closing remarks, evaluation and certificate distribution

*Please return your badge as it can be re-used*

