



Susi Lodola

· · Psychotherapy & Training · ·

CBT TRAINING FOR THE PLURALISTIC AND INTEGRATIVE THERAPIST

Professional Certificate

This course offers an in-depth exploration of CBT principles, their application in diverse contexts, and the unique benefits they bring to an integrative or pluralistic therapy model, keeping you abreast of the latest therapeutic techniques and theories.

MORE INFO

30 CPD HOURS

 0879184590

 www.susilodolacounselling.com

 info@susilodolacounselling.com



Approved



ONLINE VIA ZOOM



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CBT Training for the Pluralistic and Integrative Therapist



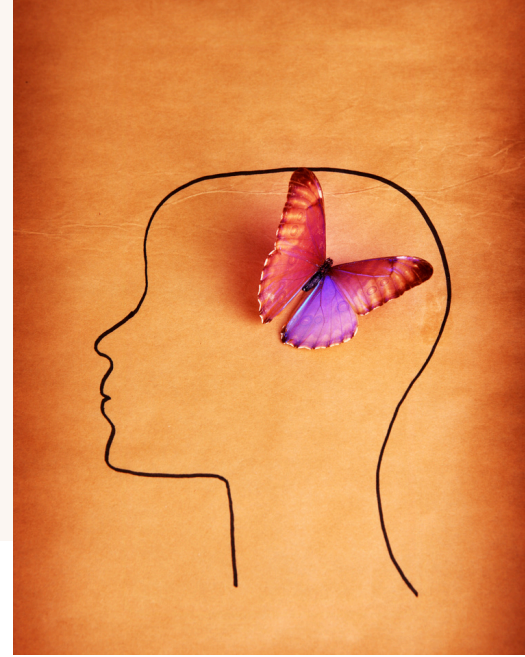
WHO THIS COURSE IS FOR:

This course is for psychotherapists who are already practising and have a foundational approach but are looking to incorporate Cognitive Behavioural Therapy into their skill set.

It's for those who appreciate the value of an integrative or pluralistic model and recognise the growing client demand for CBT. Whether you're aiming to respond to client requests for CBT, seeking to enhance your existing practice with additional evidence-based techniques, or simply wishing to broaden your therapeutic horizons, this course offers the comprehensive training you need.

This course is specially designed for psychotherapists who aim to complement their existing, often non-directive or person-centred approaches with the more directive and structured techniques of CBT, particularly those working within integrative or pluralistic frameworks.

CBT Training for the Pluralistic and Integrative Therapist



BENEFITS OF THE COURSE:

This course offers an in-depth exploration of CBT principles, their application in diverse contexts, and the unique benefits they bring to an integrative or pluralistic therapy model, keeping you abreast of the latest therapeutic techniques and theories.

By applying CBT, you not only expand your therapy skills, but also adapt to the varying needs of your clients. This flexibility allows you to tailor your therapy approach, seamlessly blending directive CBT techniques with the empathetic, client-centred ethos of your existing practice.

Course Content

The Historical & Philosophical Underpinnings of CBT: Learn about the history of CBT & discover the philosophical underpinnings of CBT.

Understanding and Developing a CBT Model: Learn how to conceptualise cases through the CBT lens, developing clear models for understanding clients' problems, and designing targeted therapeutic interventions and share conceptualisations with your clients.

Case Formulation in CBT: Learn the art of case formulation, a crucial skill in CBT that involves integrating assessment information to create a coherent framework for understanding a client's issues and guiding treatment.

Session Structure in CBT: Review the typical structure of a CBT session, including agenda setting, reviewing homework, addressing current problems, and setting new homework, to create a focused and effective therapeutic encounter.

Understanding and Working with Core CBT Skills: Gain proficiency in core CBT skills such as collaborative practice, guided discovery, Socratic questioning, cognitive restructuring, behavioural activation, behavioural experiments and relapse prevention, and understand how to apply them in therapy.

An Introduction to CBT for Depression: Investigate CBT's approach to treating depression, focusing on identifying and modifying maladaptive thought patterns and behaviours.

An Introduction to CBT for Anxiety Disorders: Explore CBT interventions for a range of anxiety disorders, emphasising exposure-based techniques and cognitive restructuring.

Behavioural Techniques: Learn about behavioural strategies in CBT, including the use of behavioural activation to combat inertia and behavioural experiments to test and modify beliefs.

Cognitive Techniques: Examine techniques to identify and challenge negative automatic thoughts, underlying assumptions, and core beliefs, and learn how these cognitive processes contribute to clients' difficulties.

Integrating Mindfulness: Learn to blend mindfulness techniques with cognitive-behavioural strategies, enhancing clients' ability to observe their thoughts and feelings without judgement and improve their emotional well-being.

Evaluating Outcomes in CBT: Understand the methods for measuring therapy outcomes, the importance of empirical evaluation, and the use of these evaluations to inform practice and ensure the efficacy of interventions.

How to Integrate CBT into Your Current Theoretical Framework: This topic addresses the strategies for seamlessly incorporating CBT methods into your existing practice, whether it's psychodynamic, humanistic, existential, or another orientation.

Dates:

Delivered online via Zoom

Fri 19 Sep 2025	9.30am – 4.30pm
Fri 26 Sep 2025	9.30am – 4.30pm
Fri 03 Oct 2025	9.30am – 4.30pm
Fri 10 Oct 2025	9.30am – 4.30pm
Fri 24 Oct 2025	9.30am – 4.30pm

Full course fee: € 680

Payment Plan:

€ 100 Deposit to secure place

€ 290 due 20th August 25

€ 290 due 15th September 25

Cancellation Policy

Deposit Refund: The deposit is refundable up to one month before start of course. After this period, the deposit becomes non-refundable.

The course is delivered by

Susi Lodola MSc (MIACP)

About Susi:

Qualifications:

- MSc CBT & Motivational Interviewing
- BA (hons) Psychology
- BA (hons) Linguistics
- BA Psychotherapy
- Prof. Cert. Child & Adolescent Therapy
- Prof. Cert. Mindfulness
- Suicide Intervention Training
- Diploma in Clinical Supervision

Beside running her private practice, Susi also lectures at IICP College. She teaches CBT to students of the MSc in Pluralistic Psychotherapy and Professional Skills to students of the BSc in Psychotherapy.

To deepen her knowledge on how CBT can be applied to help with weight management, Susi attended a specialised workshop at the Beck Institute, Philadelphia.

This is what past participants of Susi's training programmes have to say:

Dr Helen O'Brien - Nutritional Therapist

I just wanted to send you my sincerest thanks for the most fantastic day of training last Wednesday. I have to say I enjoyed every minute of it. I absolutely loved your honest, compassionate and supportive approach to your clients and to your teaching of us -which shone throughout the whole day.

I've been a nutritional therapist now for over 25 years mostly supporting clients with tummy problems, menopausal symptoms and general immune issues. And I've often realized that there are big gaps in what I'm doing. I've always been a very prescriptive style of practitioner and while I know this very works very well for the clients who need that kind of support- I know I would love to educate myself to be able to give them more ongoing support. I've recently started offering 12-week programs for clients instead of one-off sessions and the great thing is that the clients have benefited greatly - we've got to know each other better throughout the sessions and it's been fantastic. So I would love to continue this type of longer connection to the client as I think it's a great benefit to them and to myself as well.

Thank you again for most fantastic day Susi-It was absolutely brilliant!

Martina Fitzpatrick - Psychotherapist

I attended Susi's two-day workshop on Weight Management using CBT, Motivational Interviewing and Mindfulness Interventions.

From a personal and a professional point of view the workshop is informative and enjoyable.

There is depth to the understanding and application of the process in working with clients. Susi's knowledge, experience, warm personality and passion for this area is very evident....even through Zoom.

Highly recommended!

Melissa Hanley - Psychotherapist

I have attended Susi's first two day IACP accredited workshop on applying Cognitive Behavioral Therapy and Motivational Interviewing with clients to support them in changing their lifestyle and to lose weight. Susi was a fantastic presenter and the content of the workshop was not only evidence based research but reflected on people's experiences also. I am eager to implement the skills and what I have learned from Susi in my clinical practice to help my clients gain insight into their relationship with food and overall well-being. Thank you susi for providing not only your knowledge in this area but for a really engaging and interesting workshop. I can highly recommend this to nutritionists, dieticians, nurses, counsellors and psychotherapists to inform their practice. Thanks Susi

Aine Connaire - Psychotherapist

I just attended Susi's mind over body workshop for professionals and would highly recommend it to any psychotherapists or nutritionists who are interested in learning more about how to help their clients develop a healthy lifestyle and improve their relationship with themselves and their health. I learnt so much and gained loads of information and tools that I am looking forward to using with my clients in my own work as a psychotherapist. Thanks Susi!

This is what past participants of Susi's training programmes have to say:

Barbara Edwards - Life Coach

I am delighted that I decided to attend Susi's workshop. I got so much from it and I can't wait to implement it through my coaching practice here in Donegal. Susi delivers in such a relaxed and informative way making the learning a thoroughly engaging and enjoyable process. Highly recommended. Thank you so much Susi

Frances Walsh - Psychotherapist

I attended Susi's first 2-day IACP accredited workshop on applying CBT and MI in working with clients with issues around food/weight. Susi is a very engaging trainer, the materials she presented are well researched and evidence-based, and the workshop was interactive and informative. The training will be particularly helpful for psychotherapists or nutritional therapists in working with clients with emotional eating behaviours and in changing mindsets to decrease sabotaging behaviours. Thank you Susi

Olivia Beck - Nutritionist

Susi is very knowledgeable about the role CBT plays in weight management. As a practitioner, she's given me practical tools that I can utilise in my business as a Nutritionist

This is an amazing 2 day workshop and very good value for money. The logic of using CBT principles of learning theory to modify unwanted eating behaviours is impressive in its simplicity. It helps us take control of the ways we use foods, not only to satisfy our hunger but to meet many emotional needs.

Toni Woodman - Psychotherapist

Susi shares her vast experience and knowledge in a most interesting and professional way making it simple and fun to take more control of this part of our lives - a well worthwhile two days.

Book your place now

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