



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

The courses are delivered and developed by

Susi Lodola MSc (MIACP, M.Ps.S.I)

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



Susi Lodola is an experienced psychotherapist and clinical supervisor, known for her engaging and practical approach to training and development. In her private practice, she helps clients build emotional resilience and navigate mental health challenges through evidence-based therapeutic approaches. As a clinical supervisor, Susi supports fellow therapists in deepening their skills and confidence, fostering professional growth and enhancing therapeutic outcomes.

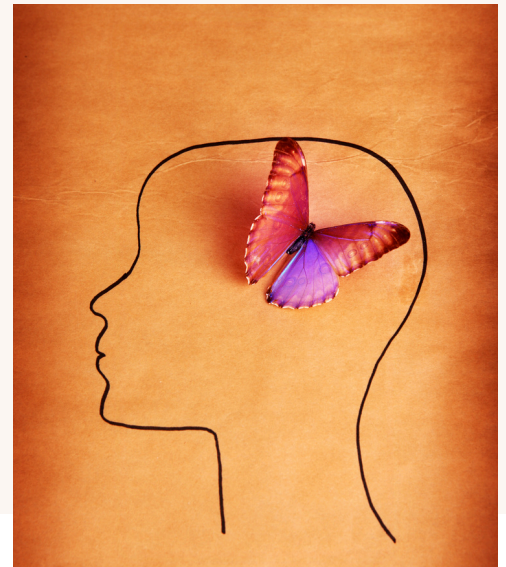
Alongside her clinical work, Susi is a lecturer at IICP College, where she plays an integral role in shaping the next generation of psychotherapists. Her teaching blends academic theory with real-world insights, ensuring students gain not just knowledge but the confidence to apply it effectively in practice. Susi's ability to simplify complex concepts and create a supportive learning environment consistently receives positive feedback from students, many of whom credit her for advancing their professional development.

Beyond academia, Susi delivers corporate workshops on mental health and wellbeing, equipping organisations with tools to foster healthier, more resilient workplaces. She has also provided specialist training for mental health practitioners, including those working within NEPS (National Educational Psychological Service).

A strong advocate for continuous learning, Susi deepened her expertise by attending a specialised CBT workshop at the Beck Institute in Philadelphia, focusing on CBT for weight management. This advanced training enhances her ability to support clients struggling with emotional eating, providing them with practical and effective strategies grounded in CBT principles.

Susi's reputation as a trainer extends to her Continuing Professional Development (CPD) courses, which are recognised for their engaging delivery and immediate applicability. Her CPD programmes focus on practical, evidence-based skills across areas such as CBT, adolescent mental health, and emotional eating. Each course is designed to equip participants with tools they can confidently bring into their practice. Approved by the IACP, her workshops consistently attract therapists seeking high-quality, impactful training that enhances their professional growth and clinical expertise.

CBT Training for the Pluralistic and Integrative Therapist



Benefits of the Course:

This course offers an in-depth exploration of Cognitive Behaviour Therapy (CBT), equipping you with the skills to apply its principles across diverse therapeutic contexts. Grounded in evidence-based best practices and the latest psychological research, it ensures you are up-to-date with cutting-edge interventions and theories.

You will learn how CBT can be effectively tailored to address a wide range of mental health issues, as well as its role in supporting individuals who have experienced trauma. By understanding the nuanced ways trauma can influence thoughts, emotions, and behaviours, you'll gain practical tools to apply CBT in a trauma-sensitive and compassionate way.

The course emphasises flexibility in practice, enabling you to adapt CBT techniques to the individual needs of your clients. You'll explore how to blend the structured, goal-oriented approach of CBT with the empathetic, client-centred values of your existing practice, creating interventions that are both research-supported and deeply attuned to each client's unique experience.

Participants will have access to extensive learning materials, including case studies, practical exercises, and resources designed to bridge theory and practice. These materials, combined with the course's focus on real-world application, ensure you are well-prepared to address a variety of mental health challenges with confidence.

Course Content

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

Evidence based best practice:

What does research tell us about CBT - latest studies and what do they say about efficacy in various presentations.

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, case formulation, guided discovery, Socratic questioning, cognitive restructuring, behavioural activation, exposure and response prevention, behavioural experiments and relapse prevention.

Trauma Awareness in CBT

Discover how CBT can be applied in a trauma-sensitive manner, understanding the impact of trauma on thoughts, emotions, and behaviours. Learn strategies to adapt CBT techniques to support clients with trauma histories in a compassionate and effective way.

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.

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 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!

Steven O' Riordan - Psychotherapist


Susi Lodola's Professional Certificate in Cognitive Behavioural Therapy (CBT) has been an enriching journey. The course dives deep into cognitive restructuring and case formulation, equipping us with the tools to collaboratively guide clients towards their goals. Susi's programme offers a wealth of knowledge and practical skills to add to your therapeutic toolkit right away. You'll gain a deeper understanding of human functioning, exploring the interconnectedness of thoughts, feelings, bodily sensations, and behaviours. This holistic approach empowers you to effectively explain the CBT model, translate it to clients with fluency and support clients in taking action. A big thank you to Susi and my fellow participants for this fantastic learning experience!

Johnny Ghiurcut - Psychotherapist

The course solidified my understanding of the cognitive-behavioral model (Beck), emphasizing the interplay between thoughts, emotions, and behaviors. I gained insights into how cognitive distortions and maladaptive behaviors contribute to client's psychological distress. The practice sessions and exercises allowed me to apply CBT techniques in my practice. The hands-on approach helped build my confidence in using interventions such as cognitive restructuring and exposure therapy, socratic questioning. CBT Skills Certificate program has been an enriching and transformative experience. The knowledge and skills I have acquired are invaluable additions to my therapeutic toolkit. I feel well-equipped to implement CBT strategies effectively and look forward to applying these techniques to help my clients achieve better mental health outcomes. I highly recommend this program to anyone seeking a thorough and practical understanding of Cognitive Behavioral Therapy.

Found it very helpful and brought a lot of new ideas and new techniques to use, especially while working with young people. Loved the learning from the other participants in the group, and Susi was amazing, full of knowledge, very calm, and I enjoyed every minute of it. Look forward to putting my learning into practice.

Book your place now

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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 hungry 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.


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!

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