Building Resilience: A Practical Approach to Low Self-Esteem: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Building Resilience: A Practical Approach to Low Self-Esteem: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Building Resilience: A Practical Approach to Low Self-Esteem” on Talking Therapies UK Training & CPD and its course book. It is drawn from the course and is kept current with it: whenever the course changes, the pack is set again.

This printing was set on 27 October 2026 from the course as it stood that day.

A note on teaching from this pack. It supports qualified trainers and supervisors teaching within their competence. Running the course from it does not award the course’s CPD certificate, which participants gain by completing the course online.

Set in Poppins and Roboto, the Talking Therapies UK typefaces.

Contents

How to use this pack 1

Part 1 Planning the course 3

1. About Building Resilience: A Practical Approach to Low Self-Esteem 4
2. Planning the sessions 6

How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Building Resilience: A Practical Approach to Low Self-Esteem” to a group: a session for each of its 3 modules, with timed plans, the points to draw out, group activities and discussion questions, the course’s assessment with answers, an attendance register and an evaluation form.

Part 1 sets out the course and how to plan it. Part 2 has a timed plan for each session, built from the course’s own modules, lessons and practice tasks; read it with the module it teaches. Part 3 holds the course’s assessment with its answers, an attendance register and an evaluation form.

What this pack covers

- Plan the course as 3 sessions
- Follow a timed plan for each session
- Draw out each lesson’s key points
- Run each lesson’s practice task as a group activity
- Check understanding with the course’s own questions
- Keep a register and gather evaluations

PART 1

Planning the course

What the course covers, who it is for, and how to run it.

CHAPTER 1

About Building Resilience: A Practical Approach to Low Self-Esteem

Building Resilience: A Practical Approach to Low Self-Esteem is an intermediate-level course that delivers six CPD hours of rigorous, evidence-based training. Anchored in Cognitive Behavioural Therapy (CBT) and Schema Therapy, it also incorporates relational and experiential perspectives, offering a holistic framework that aligns with contemporary research on self-esteem development and therapeutic change.

The first module, Understanding the Landscape of Low Self-Esteem, lays a solid theoretical foundation. It distinguishes between state and trait self-esteem, explores developmental origins, and maps the interaction of early maladaptive schemas, core beliefs and attachment patterns that give rise to persistent feelings of worthlessness.

In the second module, Cognitive and Schematic Interventions, participants acquire practical techniques from CBT and Schema Therapy. They learn to identify, challenge and modify negative self-referential thoughts, core beliefs and early maladaptive schemas, using structured worksheets, thought records and schema-oriented cognitive restructuring to foster a more balanced self-view.

The third module, Relational and Experiential Approaches, turns attention to the interpersonal dynamics that sustain low self-esteem. Through case vignettes and role-play, learners explore how the therapeutic relationship can serve as a corrective emotional experience, applying attachment-informed techniques and experiential exercises to build trust, empathy and self-compassion.

By the end of the course, participants will have a robust toolkit for assessing self-esteem, mapping schemas, and applying CBT-based restructuring alongside relational interventions. They will be able to design personalised treatment plans that integrate cognitive, schematic and experiential techniques, and will demonstrate confidence in using evidence-based tools such as the Rosenberg Self-Esteem Scale, the Young Schema Questionnaire and relational case formulations.

Suitable for psychologists, counsellors, social workers and other mental-health professionals who already possess foundational CBT skills, this course is delivered through a blend of interactive lectures, guided practice and reflective discussion. Participants will leave with a deeper understanding of the mechanisms that underlie low self-esteem, and with practical, research-supported strategies to build resilience in their clients.

Assessment is a cornerstone of the curriculum. Learners will practise administering and interpreting validated instruments such as the PHQ-9, GAD-7, and the Self-Esteem Scale, learning to triangulate self-report data with clinical observation. The course emphasises how to translate

assessment findings into targeted interventions, ensuring that each session is data-driven and aligned with the client's therapeutic goals.

By the end of the course, participants will be able to

- Identify the cognitive and emotional markers of low self-esteem in clinical practice.
- Apply CBT techniques to challenge and restructure negative core beliefs.
- Understand the role of early maladaptive schemas in maintaining low self-worth.
- Develop strategies to enhance self-compassion and emotional regulation.
- Integrate relational approaches to address attachment-related vulnerabilities.
- Formulate a tailored treatment plan for clients with chronic self-esteem issues.

Who it is for

The course is pitched at practitioners with a foundation in the subject who want to apply it with more confidence.

At a glance

- 3 sessions of about 195 minutes, one for each of the course's modules.
- The online course is accredited for 10 hours of CPD.
- Each participant needs the course book, or access to the online course, for reading between sessions.

CHAPTER 2

Planning the sessions

Run one session for each module, a week or a fortnight apart, so that participants can read the module and try its practice task between sessions. The sessions can also be run as a block over two or three days.

OVERVIEW

The course at a glance

Session	Module	Lessons	Time
1	Understanding the Landscape of Low Self-Esteem	4	195 minutes
2	Cognitive and Schematic Interventions	4	195 minutes
3	Relational and Experiential Approaches	5	195 minutes

The group

- Six to sixteen participants: enough for small-group work, few enough for everyone to contribute.
- Agree ground rules at the first session: confidentiality, respect for different experience, and how participants will speak about their own clients (with nothing that could identify them).
- Ask before the course about access needs, and send any reading a week ahead.

What you need

- A copy of this pack, and the course book or the online course for each participant.
- A flipchart or whiteboard, and space for groups of three or four to work.
- Printed copies of the attendance register and the evaluation form in Part 3, which you may copy for the groups you run.

Keeping it safe

Training about psychological difficulties can bring up participants' own experience. Say at the start that anyone may step out, have someone available to talk to afterwards, and know where to point a participant who is struggling: their GP, their own supervisor or employee assistance programme, or Samaritans on 116 123.