Working with Clients Presenting with Depression Using CBT: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Working with Clients Presenting with Depression Using CBT: Facilitator Pack

Teaching the course to a group

A facilitator pack · 4 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “Working with Clients Presenting with Depression Using CBT” 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.

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How to use this pack

This pack is for trainers and supervisors who teach the Talking Therapies UK course “Working with Clients Presenting with Depression Using CBT” to a group: a session for each of its 4 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 4 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 Working with Clients Presenting with Depression Using CBT

Welcome to Working with Clients Presenting with Depression Using CBT, an intermediate clinical training programme designed specifically for qualified counsellors and psychotherapists seeking to sharpen their evidence-based competencies. Depression remains one of the most prevalent and debilitating presentations encountered in modern mental healthcare, yet it is also one of the most treatable when approached through a structured, empirically validated cognitive-behavioural framework. This six-hour continuing professional development course bridges the gap between contemporary clinical research and daily practice, equipping you with the precise tools needed to conceptualise and treat depressive disorders effectively across diverse client groups. Throughout this training, you will explore the foundational cognitive mechanisms that maintain low mood, learning to map the intricate feedback loops between automatic thoughts, emotional states, physiological sensations, and maladaptive behaviours. By grounding your clinical work in the proven efficacy of cognitive-behavioural therapy, you will move beyond generic supportive counselling into focused, goal-directed interventions that foster genuine cognitive and behavioural shifts. You will begin by examining the diagnostic criteria for depression alongside the core tenets of the CBT model, gaining a clear understanding of how to engage demoralised clients who present with pervasive feelings of hopelessness and worthlessness. The curriculum then guides you through structured assessment methodologies, teaching you how to integrate validated psychometric measures such as the PHQ-9 to quantify symptom severity, monitor therapeutic progress, and evaluate the efficacy of your ongoing interventions. You will learn to construct robust, individualised CBT case formulations that draw upon longitudinal developmental factors and current maintaining cycles, ensuring your treatment plans are uniquely tailored to each client rather than applied as a rigid template. Central to the programme is an in-depth exploration of core evidence-based techniques, providing hands-on training in behavioural activation to combat anhedonia and withdrawal, alongside cognitive restructuring strategies to identify, challenge, and modify depressogenic assumptions and core beliefs. You will practice pacing interventions to accommodate the often limited energy reserves of depressed clients, ensuring that behavioural tasks remain achievable and reinforcing rather than overwhelming. The training also addresses the critical phases of monitoring recovery and managing relapse, teaching you how to help clients identify personal early warning signs, consolidate their therapeutic gains, and construct comprehensive relapse prevention plans that safeguard against future depressive episodes. In addition to technical proficiency, the course addresses important aspects of professional practice, including cultural sensitivity, intersectionality, and the complex ways in which Social GGRRAAACCEEESSS influence the therapeutic alliance and the expression of distress. By the conclusion of this intermediate CPD course, you will possess a deepened clinical confidence, a structured toolkit of empirically supported interventions, and the analytical framework required to help your clients achieve sustained recovery and emotional resilience.

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

- Identify the core cognitive and behavioural components that maintain depression.
- Apply evidence-based CBT techniques such as cognitive restructuring, behavioural activation and problem solving.
- Develop a structured treatment plan that incorporates assessment, goal setting and outcome monitoring.
- Evaluate treatment progress and make data-driven adjustments to the intervention.
- Demonstrate ethical and cultural sensitivity when working with diverse clients.

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

- 4 sessions of about 150 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	Foundations of Depression and CBT	3	150 minutes
2	Assessment and Case Formulation	3	150 minutes
3	Evidence-Based Techniques for Depression	4	150 minutes
4	Monitoring, Relapse Prevention and Professional Practice	3	150 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.