CBT Essentials: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



CBT Essentials: Facilitator Pack

Teaching the course to a group

A facilitator pack · 2 sessions · for trainers

TALKING THERAPIES UK

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First edition, 2026.

This pack accompanies the course “CBT Essentials” 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 “CBT Essentials” to a group: a session for each of its 2 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 2 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 CBT Essentials

If you are training in the psychological professions, working in an allied role, or preparing for a therapy career, cognitive behavioural therapy is the modality you will meet everywhere: it carries the largest evidence base in psychological treatment and shapes how services across the UK think about distress. This course gives you a complete first grounding in it, taught properly from first principles and assuming no prior knowledge.

Across two structured modules and ten full written lessons you will learn where CBT came from and the claim at its heart: that it is the meaning we make of events, not the events themselves, that drives emotional response. You will work with Beck's negative cognitive triad, Padesky and Mooney's five-part model, and the maintenance cycles, avoidance, safety behaviours and rumination among them, that keep distress running long after its cause has passed. You will then learn the working toolkit: how a CBT session is structured, why guided discovery outperforms argument, and how thought records and behavioural experiments actually produce change.

Every lesson pairs its teaching with key points and a written practice task, and a built-in study tutor is available whenever you want to test your understanding. Six hours of CPD, around six months of access, a final assessment, and a personalised certificate on passing.

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

- Explain the cognitive model and how thoughts, emotions, physical sensations and behaviours maintain one another
- Map a presenting difficulty onto the five areas model and identify its maintenance cycle
- Recognise negative automatic thoughts and the common thinking habits that distort them
- Describe how safety behaviours and avoidance keep unhelpful beliefs untested
- Use a thought record to examine evidence and construct a balanced alternative thought
- Explain how graded behavioural work, including activation and exposure, produces change

Who it is for

The course is pitched at practitioners and trainees meeting the subject for the first time, and colleagues in allied roles who want a grounding in it.

At a glance

- 2 sessions of about 180 minutes, one for each of the course's modules.
- The online course is accredited for 6 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	The cognitive model	5	180 minutes
2	The basic toolkit	5	180 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.