CBT in Practice: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



CBT in Practice: Facilitator Pack

Teaching the course to a group

A facilitator pack · 3 sessions · for trainers

TALKING THERAPIES UK

First edition · 2026

Published by Talking Therapies UK, talkingtherapies.co.uk.

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First edition, 2026.

This pack accompanies the course “CBT in Practice” 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 in Practice” 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 CBT in Practice

Knowing the cognitive model is not the same as making CBT work with a real caseload. This course is written for practising clinicians and advanced trainees who can draw the five-part model but want their CBT to bite: to move beyond generic technique into the disorder-specific models that carry the evidence base, and into the craft decisions that distinguish practitioner-level work.

You will study the specific engines of the anxiety disorders: Clark's catastrophic misinterpretation cycle in panic, and the treatment that follows directly from it; Clark and Wells's account of social anxiety, with its self-focused attention and distorted observer image; and generalised worry through the Dugas model's intolerance of uncertainty and Wells's metacognitive beliefs. You will then turn to the craft itself: building the idiosyncratic case-level formulation, sequencing treatment so early sessions earn the client's confidence, designing behavioural experiments precise enough to move belief, and reading homework, including its absence, as clinical information rather than failure.

Substantial written lessons, each with key points, a practice task tied to real clinical decision-making, and a study tutor on hand throughout. Ten hours of CPD with around nine months of access, a final assessment, and a personalised certificate on passing.

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

- Structure a complete CBT session, from agenda-setting through homework review to feedback
- Build a collaborative case conceptualisation linking presenting problems, maintenance cycles and underlying beliefs
- Select and deliver core change methods, including cognitive restructuring, behavioural experiments and graded exposure, to fit the formulation
- Design between-session work the client can actually do, and use guided discovery rather than persuasion
- Apply disorder-specific models for depression and the major anxiety presentations
- Monitor progress with measures and adjust the treatment plan when the data say so

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	Core Cognitive-Behavioural Formulations of Common Mental Health Disorders	5	195 minutes
2	Advanced Assessment, Case Formulation, and Behavioural Experiments	5	195 minutes
3	Adaptive Sequencing, Relapse Prevention, and Collaborative Care	3	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.