Advanced CBT: Complexity and Process: Facilitator Pack

THE TALKING THERAPIES UK FACILITATOR PACKS



Advanced CBT: Complexity and Process: 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 “Advanced CBT: Complexity and Process” 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.

Revision 2. This printing was set on 9 November 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 “Advanced CBT: Complexity and Process” 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 Advanced CBT: Complexity and Process

Protocols are written for the client who attends with one problem, engages with homework and improves on schedule. Experienced practitioners know how rare that client is. This course is CBT at supervision level: the judgement calls that no manual can make for you, taught for clinicians who already practise the modality and now meet its limits.

The first module works where the protocol runs out. You will study comorbidity and the transdiagnostic processes, rumination, perfectionism, intolerance of uncertainty, that cut across diagnoses and explain why sequential single-disorder treatment so often stalls. You will work with rupture and repair as clinical material, and with therapy-interfering behaviour as something to be formulated rather than endured. The second module goes deeper still: schema-informed CBT and belief-level change for difficulties that survive symptom-level work, and an unflinching reading of what the outcome evidence does and does not actually establish.

This is demanding material, taught in four extended written lessons with key points, practice tasks pitched at case-formulation level, and a study tutor for the questions supervision would ask. Fourteen hours of CPD, around a year of access, a final assessment, and a personalised certificate on passing.

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

- Formulate complex, comorbid and long-standing difficulties where standard protocols fit poorly
- Work at the level of conditional rules and core beliefs, using continua, historical review and behavioural experiments
- Recognise and repair ruptures in the therapeutic relationship within a CBT frame
- Adapt CBT process and pacing for relational trauma, perfectionism and self-criticism
- Integrate imagery techniques and attention to process alongside protocol content
- Critically evaluate the CBT evidence base and its limits, and reason clearly about when to depart from protocol

Who it is for

The course is pitched at experienced practitioners working with complex presentations, who already use the approach in their practice.

At a glance

- 4 sessions of about 210 minutes, one for each of the course's modules.
- The online course is accredited for 14 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	Transdiagnostic Foundations and Flexible Case Formulation	5	210 minutes
2	Advanced Risk Management and Outcome Monitoring	5	210 minutes
3	Schema Modes and Memory Reconsolidation in Practice	5	210 minutes
4	Relational Stance and Compassionate Imagery Rescripting	3	210 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.