

# Live Interactive Webcast

## Single-Session Therapy: Its use in CBT and Other Therapeutic Approaches Presented by Professor Windy Dryden

**This live interactive webcast** enables participants to learn how to work with clients for one session and achieve realistic and positive results. An integrated approach to SST utilising a number of CBT and other techniques and strategies will be presented.

Whether you join on the day, or at a later time(s), you have free access to the full recording and materials/resources until the end of June. **This gives you the flexibility to join for all or part of the day and/or to watch the recording whenever fits with your commitments.**

**Feedback from previous participants included:**

*Excellent. Windy is an engaging speaker & very informative. Fabulous! Insightful & thought provoking. Excellent – I feel more confident in my practice as a result of this workshop. The demonstrations were really helpful and brilliant. Challenging & refreshing. I will use these techniques in my practice. I've come away with a huge amount.*

The workshop will outline the basis of Single-Session Therapy and show how it can provide help at the point of client need rather than at the point of service availability. The use of session transcripts and recordings for the client to take away and use will be discussed.

**Windy Dryden** is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths University, London. He has authored and edited more than 225 books including: 'Single Session Integrated CBT: Distinctive Features' (Routledge, 2017), 'Very Brief Cognitive-Behavioural Coaching' (Routledge, 2017) and 'Very Brief Therapeutic Conversations' (Routledge, 2018). His latest book is 'Single-Session Therapy: 100 Key Points and Techniques' (Routledge, 2018). He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching all over the world.

**This live interactive e webcast is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT and other approaches. It will contribute 6 hours of Continuous Professional Development (CPD)**

**1<sup>st</sup> May 2020, 10 am – 4.30 pm**

**Join live on the day and/or watch the recording at any time(s) until 1<sup>st</sup> July**

**Price £125+VAT**

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partnership between **grayrock** and  
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