

# Using Metaphor in CBT

with adults, children, young people and families

Presented by Dr. Steve Killick

Metaphors are powerful tools in working with clients of all ages. The use of metaphor is now understood as a fundamental aspect of cognition, especially in how we think about our inner experience. Using metaphor has a long tradition in CBT helping people to understand therapeutic ideas quickly and also to become more aware of the metaphors on which they are operating.

This workshop examines how therapists, counsellors and coaches can use metaphor creatively in their work particularly taking a CBT perspective. The aims are to enhance participant's skills and confidence in using metaphor in their work **with both children and adults.**

**Feedback from previous delegates included:**

*Excellent. Thought provoking & inspiring. Fabulous balance of theory with practical exercises.*

*The speaker was great, and I learnt something that I have never covered, which was so refreshing!*

*Interesting and thought provoking with lots of practical examples and practice*

*Inspirational. Lots of ideas generated. Went away feeling energized*

*It was excellent! So glad I booked on to this training.*

*Brilliant, interactive, helpful and fun*

*The speaker was excellent*

*Insightful and relevant with some excellent resources*

*I now have lots of ideas in how I can apply creatively.*

*It has definitely helped me to expand my therapy tool kit.*

The workshop will:

- Explore using therapist led metaphors to help client understanding
- Describe ways to examine and explore the metaphors clients bring to the therapeutic process.
- Increase participants confidence in using metaphors with clients of all ages.



**Dr Steve Killick** is a Clinical Psychologist in independent practice. He worked for many years in CAMHS in the NHS and as Clinical Lead for Barnardo's Child and Family Bereavement Service in Cardiff. He specialises in the uses of metaphor and storytelling in health and education settings and has written several books and papers in the area including 'Telling Tales-Storytelling as Emotional Literacy' (with Taffy Thomas). He is a Visiting Fellow at the George Ewart Evans Centre for Storytelling at the University of South Wales and has developed an emotional literacy intervention using storytelling for schools, 'Feelings are Funny Things.'

**This workshop is suitable for coaches, counsellors & health professionals working with young people or adults including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses and CBT practitioners. Also for those working with young people or adults in educational, social care or third sector settings. It will contribute 6 hours Continuing Professional Development.**

25<sup>th</sup> September 2020, 9.30am - 4.30pm

**WEBINAR**

**Join live on the day or at any time for the next 60 days**

Until 25<sup>th</sup> August 2020 - £120 + VAT

From 26<sup>th</sup> August 2020 - £135 + VAT

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