

One Year CPD Course in CBT
Conducted by the University of Sussex Counselling Service

This certificate of attendance shows that

Eleanor Carn

Successfully completed our one-year training in Cognitive-Behavioural Therapy over:

Oct 2014- July 2015

The 30 week course consists of three modules:

- CBT Fundamentals
- Disorder-specific interventions to treat different anxiety disorders.
- The treating of depression using CBT

The course is 116 taught hours (a mixture of skills, lectures and supervision) by accredited CBT Therapists, 23 of which is the specialist CBT supervision. With further self-directed study and (100) clinical hours the total course was a duration of 357 hours over the year.

Signed on Behalf of The Sussex University Counseling Service;

Jeremy Christey

Tim Gadd

Jeremy Christey

Tim Gadd

Date 11.11.15