

CBT EDUCATIONAL PROGRAMME



WHAT IS THE CBT EDUCATIONAL PROGRAMME?

This is an educational programme exploring the underpinning principles of Cognitive Behavioural Therapy (CBT). Lessons address the links between thoughts, feelings and behaviours. It educates students about effective tools and strategies to support overall wellbeing.

WHAT DOES THE PROGRAMME COVER?

Topics include: The CBT cycle; unhelpful thinking styles; overcoming unhelpful thoughts; unhelpful behaviours; emotions; self-esteem; assertiveness techniques; mindfulness; lifestyle; relaxation strategies including colouring therapy.

IS THIS GROUP THERAPY?

No, this is an educational programme. It is not a replacement for accessing the tutors, the safeguarding team or other relevant mental health services to support your needs.

WHY DO STUDENTS DO THE CBT EDUCATIONAL PROGRAMME?

Many reasons including: problems with procrastination and avoidance; exam stress; anxiety about coming into college; poor motivation; to manage emotions; to develop healthy coping strategies in stressful situations.

HOW DO I APPLY TO COMPLETE THE CBT EDUCATIONAL PROGRAMME?

Please email Holly Jackson at holly.jackson@wyke.ac.uk or send a message on Teams.

Any teacher, tutor or the safeguarding team can signpost you by sending you the link/ QR code. You can also be signposted through the Additional Learning Support (ALS) team.

Once you've signed up, will be invited for a one-to-one/ small group chat (10 minutes) where you will get more information about the programme and have a chance to ask questions.

WHEN DOES THE CBT EDUCATIONAL PROGRAMME START?

The programme runs for 8 weeks; one lesson per week (no DIL).

You would take part in either the Autumn, Spring or Summer Term class.

HOW MANY SPACES ARE AVAILABLE?

Group sizes are approximately 15-25. Places are limited.

WHAT IF I SIGN UP BUT NO LONGER WANT TO TAKE PART?

Please email Holly Jackson to remove your name from the list before the programme starts. Places are very limited, so your place can be offered to someone else who can attend from Week 1.