



TEAM-CBT ANXIETY MASTERCLASS DUBLIN



Friday May 17th (09:00-17:00) & Saturday May 18th, 2024 (09:00-17:00)

Venue: The Ashling Hotel, Parkgate Street, Dublin 8.

You are invited to join us for this two-day intensive **TEAM-CBT** masterclass which will enhance your professional practice. You will learn an exciting new approach to Cognitive Behaviour Therapy (CBT), developed by a pioneer in the field, Dr David Burns. With a focus on working with anxiety, highly experienced trainers from the USA (Dr Leigh Harrington & Elizabeth Dandenell) will lead the masterclass and will be joined by trainers from the UK to teach the full **TEAM-CBT** framework in the context of working with anxiety. CBT techniques have had tremendous impact around the world since the 1970s. Numerous research studies have demonstrated its efficacy. The structure of **TEAM-CBT** creates opportunities to make it even more effective.

TEAM-CBT is not a new “school” of therapy, but rather is a framework for conducting measurement-based therapy that is proven to be more effective than traditional therapy. **T.E.A.M.** is an acronym for the four crucial ingredients of **effective therapy** known to improve treatment outcomes: Testing, Empathy, Agenda-Setting, and Methods. **TEAM-CBT** is thus an evolution of CBT that can lead to extremely rapid recovery. If you’d like to learn about this new approach and boost your therapist skills, then please do join us where you will also earn **14 CPD points** as well as automatic qualification for Level 1 **TEAM-CBT** certification.

Due to the nature of this **TEAM-CBT** masterclass, places are limited – so please book early.
‘Early-bird’ Cost (until Friday April 5th): €210 – to include coffee breaks & lunch on both days.
Cost after April 5th is €240.

[Buy Tickets](#)

Faculty Teaching Team:



Dr Leigh Harrington
Psychiatrist, USA



Elizabeth Dandenell
LMFT, (USA)



Andy Persson (UK)



Sean Connolly
(Northern Ireland)



Tania Ahern (UK)

TEAM-CBT is an evidence-based and effective structure to support therapists in providing rapidly effective treatments for mood and anxiety problems, relationship problems and habits and addictions.