

# Creative Art Approaches to CBT Online Workshop

*Based on Dr. Patricia Sherwood's  
Best-Selling book!*

**\* Prior Knowledge  
of CBT is not a  
requirement.**

## Workshop Overview

Based on the book by Dr Sherwood, each section of the training focuses on the core tenets of Cognitive Behaviour Therapy (CBT). These sequences are particularly suitable for children and adolescents who have low levels of verbal skills or are non-communicative.

## Learning Goals

- Provide clear theoretical rationale of how creative art therapy exercises relate to the core tenets of CBT- including relaxation and self-regulation, guided image creation, social skills training, behavioural experiments, restricting and reframing, exposure, desensitisation and relapse prevention.
- Focus on diagnostic techniques/artistic interventions that can be evaluated both pre and post intervention;

## Specific areas:

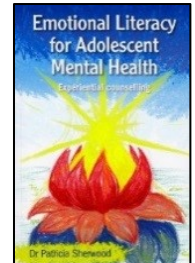
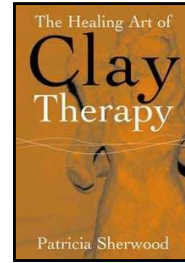
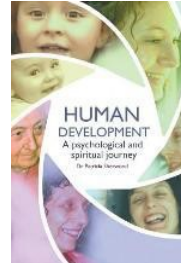
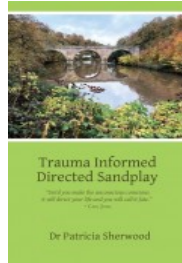
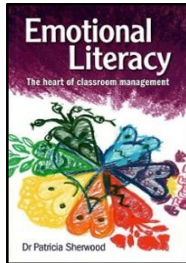
- Anger Management
- Grief and loss
- Self Regulation
- Releasing guilt
- Anxiety and Depression
- Consolidating cognitive reframing and restructuring





- Dr Patricia Sherwood is a postgraduate supervisor in Australia. She supervises PhD's and act as an examiner for Masters and Doctorate programmes.
- She has lectured for 30 years in Social Work, Psychology, Social Science, Counselling and Special Education. She is a psychologist, psychotherapist and a mental health accredited social worker and counsellor.
- She is also the author of many books on Counselling and Artistic Therapies.
- She founded the Indo-Pacific Journal of Phenomenology and is the Director of Sophia College of Counseling.
- She provides mental health and wellbeing training to teachers and parents in Australian schools.
- She has extensive international experience, having trained in Europe, Singapore, Malaysia and South Africa within the fields of counselling and mental health recovery.

**Other books by  
Dr Sherwood**



**We are committed to keeping class sizes small to facilitate interaction, so please register early.**

**Trainings will be highly experiential and interactive.**

**Workshop can be considered for VCF funding as a non pre-approved course.**

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