



**360edge.**

**Our training is enhancing the skills of  
the alcohol and other drug and mental  
health sectors.**

**On 24th February 2022 we delivered our  
Understanding Cognitive Behaviour Therapy  
workshop to 28 participants.**

**The feedback was outstanding**

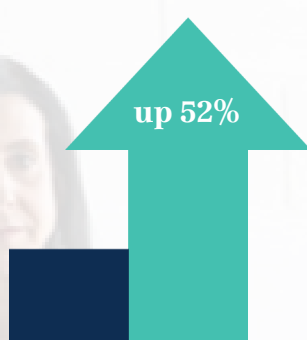
**9 out of 10 would recommend the training to others.**

**Satisfaction was rated 9 out of 10.**

**Relevance to their work was rated 9 out of 10.**

**“ Amazing, I would highly recommend this  
course to others. You will certainly be  
seeing me again.**

Participants came from alcohol and other drug services, social services and mental health services sectors.



knowledge



skills



confidence

**Your workforce might also be interested in these other workshops:**

- **Integrating MI with CBT.**
- **Emotional regulation in AOD workers.**
- **CBT masterclass.**