



360edge.

Our training is enhancing the skills of the alcohol and other drug workforce

On 8-11 November 2022 we delivered our Inside CBT masterclass to 20 people

The feedback was outstanding

10 out of 10 would recommend the training to others

Satisfaction was rated 9 out of 10

“

The training was fantastic and really eye opening! I gained a great deal of confidence in my practice and a further love of how CBT is implemented to help others

Participants came from the alcohol and other drug and mental health service sectors



Knowledge of CBT techniques and strategies



Knowledge of CBT theory



Skills in applying CBT



Confidence in applying CBT