

# PLANNING FOR THE FUTURE TRAINING COURSE



*Written by Dr Chris Williams*

## **Planning for the future**

Covering all the key skills people need to embed and build on what they have learned during treatment in order to make effective plans to stay well in the future. Suitable both as a practitioner training resource, and for direct delivery to people recovering from mental or physical health problems, this all in one resource will help attendees:

- Identify key skills they have learned during treatment or therapy
- Set a series of planned self-review sessions
- Become confident in using the Plan, Do, Review structure
- Address fears and concerns for the future
- Identify early warning signs of relapse
- Create an Emergency Plan to use if significant set-backs occur

Five Areas is a registered trademark of Five Areas Resources Ltd

To find out more or to buy visit [www.fiveareas.com](http://www.fiveareas.com)

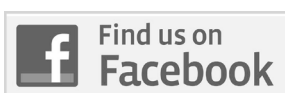
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# FIVE AREAS TRAINING (SPIRIT) COURSE



overcoming  
depression and low mood  
a five areas approach  
third edition

- CBT workbooks
- Written by experts
- Proven to work
- Step-by-step success
- Advice for friends and family

www.littlecbtbooks.com  
www.fiveareas.com

Christopher Williams



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## Helping you to help others

All the slide and handout resources you need to introduce the popular five areas training into a clinical service.

Training disc with resources teaching how to use the five areas resources with one to one support.

Includes topics supporting the linked Big Book series books...

- Introducing and using written and linked online CBT resources
- The Plan, Do, Review support model
- Clinical Assessment using the Five Areas Assessment
- Reduced activity, Avoidance, Building exercise
- Noticing and changing extreme and unhelpful thinking
- Practical Problem Solving, Tackling avoidance, Helpful and Unhelpful behaviours
- Assertiveness, Anger, Communication, Building Relationships, Carer Support
- Medication, Improving sleep, Healthy living
- Planning for the future

Plus: Using the Little CBT books:

- How to use the little CBT books Practitioner training module

## Who is the Training for?

Individual practitioners and whole teams based in various health settings including IAPT, people wanting to introduce low intensity working into their services, Condition Management Programmes/Back to work initiatives, student counselling/health services, occupational health services and more. Suitable for practitioners from all professional groups including voluntary sector workers.

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