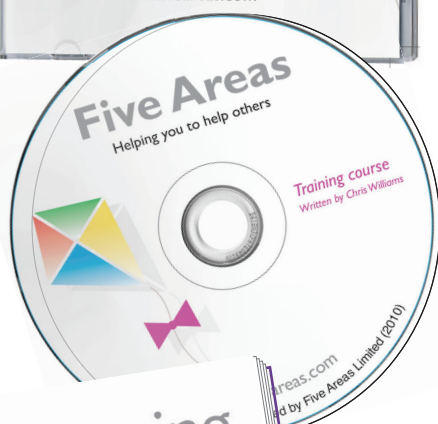


# FIVE AREAS TRAINING (SPIRIT) COURSE

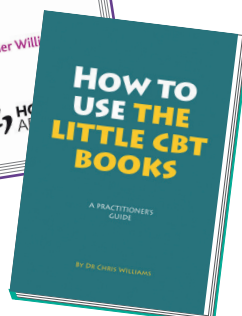


overcoming  
depression and low mood  
a five areas approach  
third edition

- 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



Written by Dr Chris Williams

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

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