Upcoming Dates: CBT for Psychosis workshops

Oxford Cognitive Therapy Centre
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21 January 2026
Making an appealing offer of therapy to clients with psychosis – how to maximise take up: **Rich Blackwell**

29 January 2026
Destination Unknown: Goal setting as a roadmap for successful therapy: **Sarah Mansfield**

26 February 2026
Supervisor's Workshop – CBT for Psychosis & Bipolar: **Sarah Mansfield**

12 March 2026
CBT for Psychosis: Working with people experiencing longer term difficulties: **Aaron Brinen**

13 March 2026
An evidence-based cognitive behavioural treatment for worry for patients with persecutory delusions: Louise Isham

27 March 2026
Getting Better Sleep: Treating sleep problems in patients with psychosis: Louise Isham

30 April 2026
CBT for Psychosis: A Masterclass: Tony Morrison

14 May 2026
CBT for Psychosis and Bipolar: Working with at risk mental states: Sophie Parker

26 June 2026
Balancing the highs & lows: Collaborative planning for stability in bipolar care: **Helena Laughton-Curwell,Jenny Streeter**

02 July 2026
How to effectively use core CBT skills within CBTp: **Rich Blackwell**

03 September 2026
Trigger management and coping strategies for voice experiences: **Helena Laughton-Curwell**

04 Dec 2026
Enhancing engagement in CBT for psychosis: **Louise Isham**

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