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# CBT Masterclass Workshop.

7-10 May 2019

# The participants.

## Work sector, setting and location.

There were 13 participants for this training.

Participants were largely from the AOD sector (n=12), with one of these 12 also specifying mental health (n=1), followed by social work (n=1).

Participants were largely from community (n=5) and residential rehab (n=4) settings, followed by GP settings (n=2) and then equal participants (n=1) from the non-resident AOD and overdose prevention settings.

Occupations consisted largely of AOD worker (n=7), AOD clinician (n=4), social worker (n=1) and counsellor (n=1).

Postcodes indicated there were 3 participants from both the broader Bendigo area (3550) and the broader Ulverstone area (7315), 2 participants from the Footscray area (3011), then 1 participant from each of the broader Ararat area (3377), Abbotsford (3067), the broader Heathmere area (3305), the Warrnambool area (3280) and Boronia (3155).

## Diversity.

Only 1 of the participants identified as Aboriginal and Torres Strait Islander. However, 4 participants identified as coming from a culturally or linguistically diverse background.

# **Participant feedback.**

## **Knowledge, skills, confidence and relevance.**

There was an increase in knowledge, skills and confidence from before to after training. Average participant knowledge of technique and strategies scores increased from 4.7 (out of 10) before training to 7.7 after training; knowledge of CBT theory ratings increased from 4.6 to 7.9; skills ratings increased from 4.5 to 7.6; and confidence scores increased from 4.4 to 7.7.

### **Knowledge, Skills and Confidence**



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*Best training I have done in a long time*

### **Recommendation.**

Participants were very satisfied with the training. When asked how likely they would be to recommend training, scores were on average 9.3 (out of 10), with a median of 9.

## Satisfaction



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*Thank you heaps guys... both were amazing!*



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