



# Tavistock and Portman Charity

Understanding the life of the mind

## Tavistock and Portman Charity | Small Bids Reporting Form

<b>Project title</b>	CBT Away Day
<b>Name of successful applicant/ team</b>	CBT Lead. CBT discipline

### **Please describe the lasting impact of this funding and who has benefitted (500 words).**

The CBT discipline came together for an away day for the 1<sup>st</sup> time on the 27<sup>th</sup> of November. It was an opportunity for practitioners across the Trust to connect with each other, share practice updates, and learn new skills. The day had a focus on third wave approaches and adapting interventions for neurodiversity.

The NHS Charities money towards refreshments helped keep our energy up and supported as feeling valued and cared for as a group.

### **Please provide us with any pictures or testimonials that can be shared.**

This was really interesting and helpful (meeting other team members) and being taught some recent and up to date research. Thank you so much for organising this, it was really valuable!



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