

CBT in Practice: Managing Anxiety

Date: Tuesday 14 May 2024

Venue: Royal College of Psychiatrists, 21 Prescot Street, London

Time	Session
09:00	Registration
09:30	Introduction and CBT overview
10:00	What is anxiety? 5 Areas formulation
11:30	Morning refreshments
11:50	CBT for generalised anxiety, mindfulness
12:15	Graded exposure for phobias and OCD
13:15	Lunch
13:45	CBT for panic: videos and role play
15:15	Afternoon refreshments
15:30	Safety behaviours
16:00	Summary, quiz, resources and feedback
16:30	Close

Anxiety affects one in six individuals and is very commonly found alongside other mental and physical disorders. In daily practice, anxiety is frequently under-recognised and under-treated. For problems such as generalised anxiety, panic disorder and phobias, NICE recommends cognitive behaviour therapy (CBT) as the most effective intervention in both primary and secondary care settings.

This workshop teaches you how to help patients modify unhelpful thoughts and behaviours that are inadvertently maintaining their anxiety. It will also help you to decide when to refer patients for joint or further working by other professionals within or outside of your own clinical team.

Content includes:

- CBT Overview: What is it? Who is suitable?
- Clinical assessment of 'stress' and anxiety
- NICE guidelines for anxiety
- CBT for generalised anxiety disorder
- Graded exposure for phobias and obsessive-compulsive disorder

- *Cognitive therapy for panic disorder*
- *Behavioural experiments: social anxiety*
- *Facilitating motivation for change*
- *Using self-help resources*