

CBT in Practice: Managing Depression

Date: Wednesday 10 April 2024

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

Time	Session
9.00am	Registration
9.30am	Overview: What is CBT?
10.15am	CBT for depression
11.00am	Morning refreshments
11.20am	Role play: 5 Areas formulation
1.00pm	Lunch
1.30pm	Cognitive therapy: thought records
2.00pm	Interactive role play
2.50pm	Mindfulness and ACT
3.15pm	Afternoon refreshments
3.35pm	Rules, beliefs and personality practicalities, quiz and feedback
4.30pm	Close

Depression is the 'common cold' of mental disorders and a leading cause of disability worldwide according to the World Health Organisation. This workshop provides training in cognitive behaviour therapy (CBT) for low mood. 'CBT' refers to an effective group of treatments recommended for mild, moderate, severe and complex cases.

Cognitive therapy helps patients modify unhelpful patterns of thinking. Behaviour therapy breaks the vicious cycle of doing less through behavioural 'activation'. Mindfulness involves awareness, being able to see negative thoughts as 'just' thoughts without getting involved. You will learn how to use these techniques in everyday practice, in an individual or team-based setting.

Content includes:

- CBT Overview: What is it? Who is suitable?
- NICE guidelines for depression
- Five areas assessment: breaking vicious cycles
- Behavioural approaches: activity diaries and goal setting
- Cognitive approaches: using a thought record

- *Mindfulness: preventing relapse*
- *Troubleshooting common problems*
- *Rules, beliefs and personality factors: new therapies*