

CBT in Practice: Introduction to CBT

Date: Tuesday 11 March 2025

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

Time	Session
09:00	Registration
09:30	Start and introduction: What is psychotherapy?
10:15	Training and College requirements
10:30	What is CBT? Agenda setting
11:45	Morning refreshments
12:05	Suitability for CBT and evidence base
13:00	Lunch
13:30	Recap and homework
13.45	CBT assessment and skills practice: guided discovery and Five Areas
15:25	Afternoon refreshments
15:40	Practicalities, resources, quiz and feedback
16:30	Close

This workshop provides an introduction to the principles and practice of cognitive behaviour therapy (CBT). CBT is a flexible treatment that uses the clinical relationship to promote lasting changes in thoughts, feelings and behaviour.

You will learn how to assess individuals for CBT, explain how it works and apply a range of evidence-based practical skills. You will also develop an awareness of the guided self-help resources available when time is limited and who to refer for further input. The focus is on adult patients with common clinical problems such as depression, anger and anxiety.

This workshop can be attended as a standalone day or as a springboard into more disorder-specific workshop days on managing depression and anxiety which develop different skills.

Content includes:

- What is psychotherapy?
- What is CBT?
- Evidence base and NICE recommendations
- Common myths about CBT
- Judging suitability for CBT
- Agenda setting

- *Assessing a patient using the five areas approach*
- *Applying the skills of guided discovery*
- *CBT change techniques*