

15 minute CBT for use in clinical teams: a 5 areas® approach for use with adult and older adult patients

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Tuesday 6 October 2026, 9.30am – 4.00pm

Online

Programme

- 9.30am Welcome and introduction
- 9.35am Helping people understand why they feel as they do
- 11.00am Morning break**
- 11.15am Noticing and Changing unhelpful thinking
- 12.30pm Lunch**
- 1.15pm Doing things that make you feel better
- 2.30pm Afternoon break**
- 2.45pm Practical problem solving skills
- 3.30pm Using CBT self-help approaches in your own work
- 4.00pm Closing comments

The workshop uses interactive teaching methods and discussion groups to facilitate skills development.

Attendees will receive a copy of the Overcoming depression and low mood: a five areas approach book they can copy and use with patients and teaching