

CBT in Practice: managing anxiety

Date: Wednesday 13 May 2026

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

Time	Session
9.00am	Registration
9.30am	Introduction and CBT overview
10.00am	What is anxiety? 5 Areas formulation
11.30am	Morning refreshments
11.50am	CBT for generalised anxiety, mindfulness
12.15pm	Graded exposure for phobias and OCD
1.15pm	Lunch
1.45pm	CBT for panic: videos and role play
3.15pm	Afternoon refreshments
3.30pm	Safety behaviours
4.00pm	Summary, quiz, resources and feedback
4.30pm	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*