

**Working with people who live with long-term physical illness and medically unexplained symptoms:
Improving functional neurological symptoms and more**

Speaker: Professor Chris Williams, Fellow Royal College of Psychiatrists and Hon Fellow BABCP

Wednesday 18 November 2026, 9.30am – 4.00pm

Online (zoom)

Programme

09.30am Welcome and Introduction

How do people respond to illness?

Making sense of symptoms

Why use CBT for helping people cope with illness?

11.00am-11.15am Break

11.15am-12.45pm

Thoughts, beliefs and illness

The range of illness behaviour

1.05pm-1.50pm Lunch

1.50pm-2.20pm

Medically unexplained symptoms – the symptoms that **are** there

Providing alternative explanations for symptoms

2.50pm-3.10pm Break

3.10pm - 4.00pm

Vicious cycles in illness- and how to overcome them

Making Plans: Using CBT self-help approaches in your own work

4.00pm Close

The workshop uses interactive teaching methods and discussion groups to facilitate skills development. Attendees will receive a copy of the *Overcoming functional neurological symptoms: a five areas approach* manual they can copy and use with patients and teaching