

Royal College of Psychiatrists' Centre for Advanced Learning and Conferences



CBT In Practice Series 2018

Overview

A range of three skills-based courses designed to help you implement basic Cognitive Behaviour Therapy (CBT) within your practice and service. You can attend all three days or just one or two. Each course is eligible for 6 CPD hours subject to your peer group approval.

Who should Attend?

This course is suitable for all professionals who see patients with mental health problems, including psychiatrists, nurses, GPs, IAPT workers, psychologists, counsellors and other therapists. No prior experience of CBT is needed in order to attend.

About the Speaker



Paul Blenkiron is a national trainer in CBT and an accredited member of the British Association for Behavioural & Cognitive Psychotherapies. Based at Bootham Park Hospital in York, he is an NHS consultant psychiatrist with 15 years' experience of integrating therapy into daily practice. Paul is also CBT Tutor for North Yorkshire Psychiatry Training Scheme and a current 'NICE Fellow', facilitating the practical implementation of several clinical guidelines. He authored the innovative 'how to do it' book *Stories and Analogies in CBT* (Wiley-Blackwell, 2010), now translated into Chinese, and works as an advisor to England's first National Books on Prescription Scheme, launched in public libraries in 2013.

Feedback from the 2017 courses

'Well presented and informative'

'very relevant course'

'Useful for all grade/medical professionals'

'One of the best learning experiences I have had in years, will highly recommend'

Fees

	1 day	2 days	3 days
Standard rate*	£200	£400	£525

All learning materials, refreshments and buffet lunch are provided.

* The Standard Rate applies to Consultants/Locum Consultants, SAS Doctors, Non RCPsych members

** There are a limited number of discounted fees available to RCPsych Retired members, SpRs, ST/CT1-6 members, SHO, PMPT and delegates on the concessionary subscription rate of 50%. Important: Please note that standard rates will apply to ALL bookings once the limited number of discounted places have been filled.

Date: Tuesday 13 March 2018, 09:30 registration, 10:00– 16:30

Venue: RCPsych, 21 Prescot Street, London E1 8BB

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

Managing Depression

Date: Wednesday 11 April 2018, 09:30 registration, 10:00– 16:30

Venue: RCPsych, 21 Prescot Street, London E1 8BB

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 & goal setting
- Cognitive approaches: using a thought record
- Mindfulness: preventing relapse
- Troubleshooting common problems
- Rules, beliefs and personality factors

Managing Anxiety

Date: Wed 23 May 2018, 09:30 registration, 10:00– 16:30

Venue: RCPsych, 21 Prescot Street, London E1 8BB

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
- Facilitating motivation for change
- Using self help resources