

One-day CBT training workshops for primary care professionals

Date **The 10-minute approach to CBT: Introductory workshop**

Date **'Heartsink' and Health anxiety: A CBT approach**

Presented by:

Dr Lee David, GP with a specialist interest in CBT

MB BS, BSc, MRCGP, MA (Cog. Behav. Ther.)

Author of the new book: *"Using CBT in General Practice: The 10-minute Consultation"* (Scion Publishing)

VENUE: POSTGRADUATE CENTRE, STOKE MANDEVILLE HOSPITAL

24TH JANUARY 2008

COST: £*** PER DAY

EARLY BIRD DISCOUNT £****

DISCOUNT FOR BOOKING BOTH DAYS: £****

- CBT skills relevant to general practice, designed for the 10-minute consultation
- Practical and interactive training
- Useful for mental health problems e.g. depression, anxiety, panic disorder
- Enhance management of chronic disease and concordance with treatment
- Improve coping skills for 'heartsink' patients and frequent attenders
- Empower patients to manage their own problems
- Applies equally to managing GP stress!

Feedback from previous courses:

"Probably the most useful course I've done since I became a GP!"

"Reduced my stress at dealing with some heartsink patients"

"...gives me more satisfaction from consultations"

"CBT has genuinely changed my practice..."

The workshops are specifically designed to teach techniques that can be used within routine primary care consultations.

We welcome attendance from all primary care professionals, including:

- **GPs and GP Registrars**
- **Practice nurses / nurse practitioners**
- **Health visitors**
- **Practice counsellors**

Provisional Programmes

24th May 2007: The 10-minute approach to CBT: Introductory workshop

8.30am	Registration and coffee
9am	Introduction
10am	Basic Principles of CBT
10.30	Separating 'thoughts', 'feelings' and 'behaviour'
11am	Coffee
11.30am	Approaches to depression using CBT
12.15	An overview of anxiety and panic disorders
1pm	Lunch
2pm	Consultation skills for using CBT in general practice (practical exercise)
3pm	Coffee
3.30pm	Consultation skills (part II)
4.15pm	Feedback and questions
4.30pm	Course ends

14th June 2007: 'Heartsink' and Health anxiety: A CBT approach for primary care

8.30am	Registration and coffee
9am	Introduction to the CBT approach
10am	What is 'heartsink'?
10.30	Case example: non-organic chest pain
11am	Coffee
11.30am	Case example part II: overcoming 'heartsink' reactions
12pm	Introduction to health anxiety
1pm	Lunch
2pm	Using a CBT approach in health anxious patients (practical exercise)
3pm	Coffee
3.30pm	Simple 'retribution' techniques:
4pm	Case discussion: bringing CBT into your own practice
4.30pm	Course ends