

'Heartsink' and Health Anxiety: A CBT approach (Level 1*)

Patients with health anxiety are often frequent attenders at general practice surgeries but can be difficult to manage and treat effectively. The difficulty posed by managing these complex cases often represents a significant source of stress for health professionals.

There is growing evidence that hypochondriasis can be effectively treated with CBT. By attending this one-day workshop, participants will:

- Develop understanding of the CBT approach to health anxiety, hypochondriasis and somatisation disorder
- Learn how medical professionals may be involved in its development
- Discover new ways to cope with the stress and anxiety that can arise within health professionals when faced by challenging patients
- Improve relationships with health anxious patients
- Learn how to engage patients in the CBT approach by highlighting links between physical, emotional, cognitive and behavioural factors
- Encourage patients to learn coping strategies to accept and manage their unpleasant physical symptoms

This workshop also takes a CBT approach to coping with 'heartsink' – the difficult emotional reactions that frequently arise in health professionals when faced by difficult patients, situations and even colleagues.

Provisional Programme: 'Heartsink' and Health Anxiety

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

*This workshop is suitable for health professionals with little or no previous experience / training in using '10-minute CBT'

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