

Promoting Change: Further Techniques for Positive Change (Level 2*)

In this workshop, participants will further develop their skills and understanding of the theory and practice of CBT. It will specifically focus on useful techniques for promoting positive change to overcome problems such as depression and anxiety in patients as well as for managing GPs' own stress.

Key features of the day include:

- Develop understanding of CBT theory including deeper levels of thought such as core beliefs and rules
- Develop ability to promote cognitive change using written thought records
- Learn to work effectively with painful or frightening images
- How to use behavioural experiments to break vicious cycles and promote positive change
- Learn an approach to overcoming practical problems using problem-solving therapy
- Discover the powerful new experiential techniques of mindfulness-based cognitive therapy (MBCT) and Acceptance and Commitment therapy (ACT)

Provisional Programme: Promoting change – Techniques for positive change

8.30am Registration and coffee

9am Reminder of CBT theory: different levels of thoughts and beliefs

9.45am Using thought records to make cognitive change

10.30 Working with difficult images

11am Coffee

11.30am Problem-solving approaches to practical problems

12pm Making behavioural change: behavioural experiments

1pm Lunch

2pm Case discussion – overcoming roadblocks with using CBT in practice

3pm Coffee

3.30pm Introduction to Mindfulness-based cognitive therapy

4pm 'Third generation' CBT: Acceptance and Commitment Therapy

4.30pm Course ends

*This workshop is suitable for GPs and health professionals who have already attended at least one '10-minute CBT' introductory workshop.

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