

# '10-minute' approaches to CBT: Introductory Workshop (Level 1\*)

This workshop serves as an introduction to the use of simple and effective CBT techniques in general practice. Through practical exercises, participants will become familiar with the basic principles of CBT and learn how to apply this approach to common GP problems, with a particular focus on depression, anxiety and panic disorder.

By attending this workshop, participants will develop practical skills, which are easily transferred to 'real-life' general practice. The training throughout is based upon the use of realistic case examples from general practice and includes essential strategies for effective time management when using the approach in 10-minute appointments.

The training will also teach participants to develop collaborative relationships with patients, and how to facilitate 'handover' of responsibility for solving problems from health professionals to patients.

## **Provisional Programme: Introduction to '10-minute CBT'**

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

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

### **CBM Training for Primary Care**

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