

CBT – Key Knowledge & Skills

An Introduction to Cognitive Behavioural Therapy

Facilitated by:-

APT -
The Association for
Psychological Therapies

Duration:-

3 Full Days –
Intention to attend the
entire course is essential

Date(s):-

Tues 23rd June and
Wed 24th June and
Thurs 25th June 2009

Closing Date for applications:-

Following which, applications and
course details will be confirmed
Monday 1st June 2009

Venue:-

Rooms 206 & 207,
Sudbury Primary Care
Centre,
Vale Farm,
Watford Road, Wembley,
HA0 3HG

Cost:-

This training is fully
subsidised (free) to
participants who meet the
attendance criteria.

For More information :-

Sandy Youngson

Health Promotion Department,
NHS Brent,
Wembley Centre for Health &
Care,
116 Chaplin Road,
Wembley
HA0 4UZ

020 8795 7438

daat.training@brentpct.nhs.uk

The course covers:

- What is CBT? History, defining characteristics, overview of the major CBT techniques.
- Early experience and schemata. Triads: schemata which interact with each other to produce depression, anxiety, etc.
- Maladaptive rules. Assumptions and beliefs that work badly for people. What makes some rules maladaptive?
- 'Critical incidents': often small events that trigger a chain of unhelpful thinking.
- Negative automatic thoughts. Especially, 'hot thoughts'.
- Talking to patients in ways that 'chimes' with them. Key phrases to use.
- The first session or two: developing a relationship and completing an assessment.
- Diary keeping. Good diary keeping is one of the truest cognitive behavioural techniques. Why, and how to do it.
- Video: the first session, the assessment and diary keeping.
- Case conceptualisation: making sense of 'what is going on'.
- A typical session-plan for CB therapy. The seven components to an effective session.
- Using CBT informally, in everyday interactions.
- Doing something different. In both depression and anxiety, behaviour change is often crucial to progress. And yet is it very difficult to achieve: patients persist in doing the same things. We examine the successful strategies.
- Cognitive re-structuring. Identifying hot thoughts and changing them, including using APT forms for the purpose.
- Socratic dialogue, including synthesising questions.
- Measuring progress. Available measures of depression and anxiety, including APT forms.
- Teaching methods include: lecture, exercises, video examples, case studies and practice sessions.

What the course will do for you:

- You will have a 'feel' for CBT: you will know why it is so-called, how it has evolved and what techniques are CBT ones and why.
- You will be introduced to the major cognitive, behavioural and cognitive-behavioural techniques in a way that you can envisage using them, and have some practice in doing so.
- You will be introduced to important forms for use after the course.

Who Should Attend:-

This course is primarily for staff whose posts are funded by Brent DAAT. However places may also be available for Brent DAAT partner agencies and early applications are advised.

Before attending this course we request that participants:-

- Complete and return an application form.

Application Form

For Training on Substance Misuse
and/or Sexual Health for anyone working with
young people, adults and/or Community Leaders in Brent

**To apply for a course, please print, complete then
FAX this form to 020 8795 6231** or Send it to

Sandy Youngson, Health Promotion Department, NHS Brent, Wembley Centre
for Health and Care, 116 Chaplin Road, Wembley, Middlesex, HA0 4UZ.
daat.training@brentpct.nhs.uk Tel:- 020 8795 7438

Name	<input type="text"/>	
Job Title	<input type="text"/>	
Organisation	<input type="text"/>	
Address	<input type="text"/>	
	Post Code:- <input type="text"/>	
Telephone	<input type="text"/>	Fax <input type="text"/>
Work Mobile	<input type="text"/>	
E-mail	<input type="text"/>	
Access, Dietary or other Requirements	<input type="text"/>	

Title of Training	CBT – Key Knowledge & Skills
Date of Training	Tues 23rd, Wed 24th & Thurs 25th June 2009

If you need to cancel your place on this training, please do so as soon as possible,
failure to give at least three working days notice may result in
your organisation or department being invoiced a
£100 late cancellation fee
and may affect the access your organisation or department has to future courses funded by
the Brent Drug and Alcohol Action Team
Intention to attend the full course is essential, Thank You.

Address for invoicing (in the event of non-attendance)

The Information given on this form will be held on a training and resorces database and will be
used to develop our services and contact you about future training opportunities & new resources

Signature (of Applicant)	<input type="text"/>	Date:-
-----------------------------	----------------------	--------

Signature (of Manager)	<input type="text"/>	Date:-
---------------------------	----------------------	--------