



SCCH Health Psychology Consulting

Cognitive Behavioural Therapy:

Introduction for Health Psychologists:

December 4th 2013: British Psychological Society, London Office

Attendees: Suitable for qualified Health Psychologists, and those in training wishing to develop basic CBT knowledge and skills to enhance health psychology intervention delivery.

Aim: For attendees to gain a comprehensive understanding of utilising basic Cognitive Behavioural Therapy (CBT) in physical healthcare practice*.

Objectives for attendees:

- To describe the basic Cognitive Behavioural Model and its application to managing physical health conditions.
- To describe the basic CBT assessment and formulation methods and their relevance to working with individuals with physical health conditions.
- To determine key CBT skills effective for enhancing healthcare outcomes.
- To understand when CBT should be adapted for working with physically ill clients.
- To be aware of ethical, medical and healthcare factors that impact on delivering CBT.
- To identify key changes in clinical practice to be implemented within their current role.

Course Outline:

1. The Cognitive Behavioural Model applied to Physical Healthcare:

- What is the CBT Model and can it be applied within physical healthcare?
- What is the evidence base for using CBT within physical health management?
- Using Health Psychology theories and models to assess & formulate CBT interventions.
- Which CBT skills and techniques are most useful for managing and enhancing physical healthcare outcomes?

2. Adapting CBT practice for physical healthcare session

- Emotional, cognitive, medical and environmental challenges for delivering CBT.
- Using CBT resources, techniques and homework within physical health settings.

3. Ethical, medical and healthcare factors impacting on therapeutic practice:

- Ethical issues in practice e.g. Consent, confidentiality, multi-disciplinary team working
- Legal requirements and policy awareness for safe practice, e.g. risk assessments
- CPD requirements & HCPC/ BPS standards of practice and their implications for practice
- Maintaining reflective/ critical practice, utilising supervision effectively.

4. Developing clinical judgement skills:

- Assessment of case studies and discussion of live practice issues

** Course comprises of taught material, practical case studies and active discussion.
Certificate of attendance is provided with course hand outs.*