



Cognitive Behavioural Therapy for Long-term Condition Management*

Venue: British Psychological Society, London Office

Attendees: Suitable for qualified and trainee Health Psychologists wanting to enhance their health psychology intervention skills for clients with long-term conditions (LTCs).

Aim: For attendees to gain a comprehensive understanding of utilising basic Cognitive Behavioural Therapy (CBT) to enhance the self-management of individuals with LTCs.

Objectives for attendees:

- To describe the basic Cognitive Behavioural Model and its relevance to managing individuals living with a range of long-term physical health conditions.
- To describe the basic CBT assessment and formulation methods and their application for managing LTC symptoms, treatment and adjustment.
- To determine how health psychology and CBT models can be combined to enhance LTC health outcomes.
- To understand how CBT might be adapted for working with individual clients with LTCs.
- 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 LTC management:

- What is the CBT Model? (Background to CBT, conceptualising cases, assessment & formulation)
- Process of CBT sessions: (agenda setting, socratic questioning/guided discovery, core techniques, homework)
- What is the health psychology evidence base for using CBT with individuals with LTCs?

2. Combining CBT and health psychology practice for managing LTC care:

- Using Health Psychology theories and models to assess & formulate CBT interventions
- Understanding CBT skills and techniques that increase LTC symptoms and treatment self-management
- Identifying CBT and health psychology interventions useful for LTC management

3. Using CBT to treat clients at different stages of LTC management

- Diagnosis – acute emotional reactions, functional capacity and decision making
- Rehabilitation – adjustment, symptom management, adapting lifestyle
- Relapse – decision making for treatment, adherence issues and psychosocial impact of LTCs

4. Developing clinical judgement skills for LTC management:

- Assessment of case studies and discussion of clinical practice issues
- Maintaining reflective/ critical practice, utilising supervision effectively

5. Action planning your next steps

** Course comprises of taught material, live-demonstrations, role-plays, practical case studies, active discussion.
Certificate of attendance is provided with course hand outs.*