

Cognitive Behavioural Therapy:

Introduction for Health Psychologists

Attendees: Suitable for qualified Health Psychologists (HP), HPs in training and those professionals wishing to develop basic CBT knowledge and skills to enhance applied health psychology and behaviour change intervention delivery. To gain applied therapeutic skills to enhance the understanding and management of illness beliefs, emotional responses to illness and condition self-management.

Aim: For attendees to gain a comprehensive understanding of utilising basic Cognitive Behavioural Therapy (CBT) techniques in the assessment and formulation of physical health management.

Objectives for attendees:

- To describe the basic Cognitive Behavioural Model and its application for managing physical health.
- To describe the basic CBT assessment and formulation methods and their relevance to working with individuals with physical health conditions.
- To understand how health psychology and CBT models can be integrated together to enhance clinical assessment and formulation outcomes.
- To understand key CBT process and delivery skills relevant to working with physically ill clients.
- To understand the context of how to apply CBT when working with physically ill clients in different healthcare settings.
- To identify how CBT can enhance the attendees applied HP/clinical practice and can be implemented within their current role.

Course Outline:

The Cognitive Behavioural Model applied to Physical Healthcare:

- What is the evidence base for using CBT within physical health management?
- What is the CBT Model and can it be applied within physical healthcare?
- Using Health Psychology and CBT together models to structure a clinical assessment and formulation.
- What is a Health Psychology-CBT Assessment and Formulation?
- Utilising CBT process skills such as Socratic Questioning and Guided Discovery to enhance your Health Psychology assessment and formulation.

Adapting CBT practice for physical healthcare session

- Emotional, cognitive, medical and environmental challenges for delivering CBT in physical healthcare settings.
- Role plays to enhance the process and techniques of applying the HP-CBT knowledge in practice.