



SCCH Consulting Training Events



Cognitive Behavioural Therapy: Introduction for Health Psychologists

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 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 key CBT skills relevant to working with physically ill clients.
- To understand how CBT can be adapted for working with physically ill clients.
- To identify key changes in clinical practice to 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 models to structure 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.
- Using CBT resources, techniques and homework within physical health settings.

**** Course comprises taught material, practical case studies, role plays and active discussions.
Our training days are skills focused and highly interactive allowing for real time feedback and learning. Certificate of attendance is provided with course hand outs.***