

AIMS

To be aware of the use of CBT in helping people living with mental health conditions

DURATION

Half Day Course (3 Hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Know what CBT is
- Be aware of the different types of CBT and some of the approaches used
- Use some common CBT approaches
- Understand the next steps in getting help for people living with mental health conditions

LESSONS AND TOPICS

Cognitive Behavioural Therapy

- What is CBT?
- What can CBT help with?
- How CBT helps
- Other Talking Therapies

Types of CBT

- Cognitive Therapy
- Dialectical Therapy
- Multimodal Therapy
- Rational Emotive Behavioural Therapy

CBT Techniques

- Identifying Negative Thoughts
- New Skills
- Goal Setting
- Problem Solving
- Self-Monitoring

Getting Help

- Supporting People with Mental Health Conditions
- Referral to GP / Other Support Services

CBT Scenarios

- Relating to common Mental Health Conditions