

# Cognitive Behavioural Therapy for Physical Health - 1 day course

An Interactive Workshop

**Mark Webster** (Director, South Hampshire CBT Ltd)

## Tutor

**Mark Webster** - Mark is a UKCP registered psychotherapist. Following a first career in computers he started clinical work in 1990 with addictions, qualifying in Cognitive Analytic Therapy (CAT). Later he specialised in Personality Disorders and trained in Dialectical Behavior Therapy (DBT) eleven years ago. From DBT he developed an interest in Acceptance and Commitment Therapy (ACT) and his business has been successfully developing ACT based programs in addiction for the last eight years. The business continues to expand and now offers a generic CBT service as well as ACT training in the local area.

Since 2003 he has been running workshops throughout the UK and is Chairman of the ACT Special Interest Branch within BABCP (the national lead body for CBT). Mark has a longstanding interest in Mindfulness, its application to chronic pain and integration with CBT.

## Aim of this training

This one day introductory workshop to Cognitive Behavioural Therapy (CBT) strategies for Physical Health aims to enhance the clinical practice of health care practitioners (HCP) in physical health practice, to address biopsychosocial needs of patients.

It is a practical and pragmatic approach to learning useful skills that can be applied by practitioners in their own setting.

It will enable health care practitioners to assist patients in managing their own psychological problems, using a range of problem solving approaches that include cognitive and behavioural techniques.

## Learning Objectives

- Understand CBT approach and terminology
- Develop CBT understanding of Chronic Pain, Anxiety and Depression
- Apply CBT concepts to case examples
- Use basic CBT skills with Physical Health patients

## One Day Introduction to CBT Strategies for Physical Health

- CBT skills designed for short consultations
- Practical and interactive training
- Enhance management of chronic pain conditions
- Improve coping skills for 'heartsink' patients
- Empower patients to adapt and change
- Applies equally to managing practitioner stress

### Course programme

Time	Content
08.45 - 09.00	Registration
09.00 - 10.00	Introduction to CBT
10.00 - 10.30	Basic Principles of CBT
10.30 - 11.00	Separating 'thoughts', 'feelings' and 'behaviour'
11.00 - 11.30	Coffee
11.30 - 12.15	Approaches to Chronic Pain using CBT
12.15 - 13.00	Overview of anxiety and depression
13.00 - 14.00	Lunch
14.00 - 15.00	Practical skills for using CBT in clinical practice (case studies)
15.00 - 15.30	Coffee
15.30 - 17.00	Practical skills (exercises)
17.00	Course ends

### Feedback

There will be opportunities for participants to evaluate their own knowledge and skills before and at the end of training. This helps to identify areas of need for enhanced skills during the training. The participants are also invited to give feedback on training sessions at the end of each session, formally and informally.

We expect that participants will feel more confident and skilled. We also hope that patients with whom you work will become more empowered to address their own physical and psychological problems effectively.

# Cognitive Behavioural Therapy for Physical Health - 2 day course

An Interactive Workshop

**Mark Webster** (Director, South Hampshire CBT Ltd)

## Tutor

**Mark Webster** - Mark is a UKCP registered psychotherapist. Following a first career in computers he started clinical work in 1990 with addictions, qualifying in Cognitive Analytic Therapy (CAT). Later he specialised in Personality Disorders and trained in Dialectical Behavior Therapy (DBT) eleven years ago. From DBT he developed an interest in Acceptance and Commitment Therapy (ACT) and his business has been successfully developing ACT based programs in addiction for the last eight years. The business continues to expand and now offers a generic CBT service as well as ACT training in the local area.

Since 2003 he has been running workshops throughout the UK and is Chairman of the ACT Special Interest Branch within BABCP (the national lead body for CBT). Mark has a longstanding interest in Mindfulness, its application to chronic pain and integration with CBT.

## Aim of this training

This two day introductory workshop to Cognitive Behavioural Therapy (CBT) strategies for Physical Health aims to enhance the clinical practice of health care practitioners (HCP) in physical health practice, to address biopsychosocial needs of patients.

It is a practical and pragmatic approach to learning useful skills that can be applied by practitioners in their own setting.

It will enable health care practitioners to assist patients in managing their own psychological problems, using a range of problem solving approaches that include cognitive and behavioural techniques.

## Learning Objectives

- Understand CBT approach and terminology
- Develop CBT understanding of Chronic Pain, Anxiety and Depression
- Apply CBT concepts to case examples
- Use basic CBT skills with Physical Health patients
- Gain insight into 'heartsink'
- Improve patient motivation and treatment concordance
- Manage practitioner stress

**Fee:** £225 by cheque or online, payable to 'Health Education Seminars' (includes refreshments, course manual, and CPD certificate of attendance - 15hrs). *VAT INCREASE from January 1st 2010*

## Two Day Introduction to CBT Strategies for Physical Health

- CBT skills designed for short consultations
- Practical and interactive training
- Enhance management of chronic pain conditions
- Improve coping skills for 'heartsink' patients
- Motivate patients to adapt and change
- Manage practitioner stress

### Course programme

Day 1		Day 2	
Time	Content	Time	Content
08.45	Registration		
09.00	Introduction to CBT	09.00	Start and review of Day
10.00	Basic Principles of CBT	10.00	'Heartsink', making sense of personal reactions
10.30	Separating 'thoughts', 'feelings' and 'behaviour'		
11.00	<i>Coffee</i>		<i>Coffee</i>
11.30	Approaches to Chronic Pain using CBT	11.30	Managing 'heartsink', practical skills & exercises
12.15	Overview of anxiety and depression		
13.00	<i>Lunch</i>	13.00	<i>Lunch</i>
14.00	Practical skills for using CBT in clinical practice (case studies)	14.00	Motivation, overview & basic skills
15.00	<i>Coffee</i>	15.00	<i>Coffee</i>
15.30	Practical skills (exercises)	15.30	Putting it all together, exercise
17.00	Course ends	17.00	Course ends

### Feedback

There will be opportunities for participants to evaluate their own knowledge and skills before and at the end of training. This helps to identify areas of need for enhanced skills during the training. The participants are also invited to give feedback on training sessions at the end of each session, formally and informally.

We expect that participants will feel more confident and skilled. We also hope that patients with whom you work will become more empowered to address their own physical and psychological problems effectively.

All courses can be booked and paid for online at [www.heseminars.com](http://www.heseminars.com)  
Register your details (free) and then log in to pay for any course using secure payment system

### Booking Form

Course \_\_\_\_\_ Course Date \_\_\_\_\_  
Your Name \_\_\_\_\_ Course Fee £ \_\_\_\_\_  
Address \_\_\_\_\_  
Post Code \_\_\_\_\_ email \_\_\_\_\_  
Tel No (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
Where did you hear about the course \_\_\_\_\_  
Your profession \_\_\_\_\_

#### Terms & Conditions

1. Completion and the signing of this form creates a binding agreement to follow the course and pay the full fee.
2. Upon receipt of your application form and course fee you will be sent a letter confirming your place on the course and receipt of the course fee. If you are being funded to attend a course (see section below) the full course fee must be made at least 4 weeks prior to the course date.
3. A full refund, **less a £50 administration fee**, will be made if written cancellation is received in the HES Office **four weeks prior** to the course date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
4. HES reserves the right to cancel the course if there are insufficient enrolments. If, in the unlikely event a tutor cannot attend the course, HES will endeavour to find a new date for the course to be held. HES will not be held responsible for any damages incurred as a result of course cancellation.
5. This form is correct at the time of printing, but is subject to alteration.

#### **Please complete the following:**

I agree to the conditions of enrolment and enclose a cheque for £ \_\_\_\_\_ as full fee made payable to Health Education Seminars Ltd for the course marked above.

Signature: .....

Date: \_\_\_\_\_

#### **Funded participants (if applicable):**

If you are to be funded to attend these courses, please enter the name and address of the person to whom INVOICES are to be sent.

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Post Code: \_\_\_\_\_

Booking reference/Order number (if applicable): \_\_\_\_\_

**Please return this completed application form with your full fee to:**

**Health Education Seminars, 42 Richmond Road, Poole, Dorset BH14 0BU**

Tel/fax: 01202 568898

email: [info@heseminars.com](mailto:info@heseminars.com)

[www.heseminars.com](http://www.heseminars.com)

# **CBT for Physical Health**

If your hospital, Trust/PCT or local group of therapists have 12 or more delegates who wish to attend the specialist, 1 or 2 day **CBT for Physical Health** course, then it is possible to arrange a course at your venue.

Please call or email today for full details.

Courses can be held at weekends, but preference will be given to courses held on Thursdays or Fridays.

**Tutor: Mark Webster** UKCP registered psychotherapist  
Chairman of the Acceptance & Commitment Therapy Special Interest Branch within BABCP  
(the national lead body for CBT).

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