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A Brief Introduction to 10 Minute CBT

Saturday 27th January 2018

Novotel Southampton

1 West Quay Road, Southampton SO15 1RA

Introducing your speaker

Dr Lee David

MB BS, BSc, MRCGP, MA (cog.behav.ther.), PGCert(Med.Ed.)

GP and CBT Specialist

All delegates will receive

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

Course Accredited for 3 hours CPD

Meet the Speaker ...

Dr Lee David

MB BS, BSc, MRCP, MA (cog.behav.ther.), PGCert(Med.Ed.)

Dr Lee David is a GP Partner and Trainer based in St Albans, Hertfordshire. She has a Masters in CBT and is director of 10 Minute CBT, which is a training organisation which specialises in providing training for GPs and other primary care professionals to use evidence-based, yet brief CBT concepts in their routine consultations.

Dr David is author of the highly regarded textbook, Using CBT in General Practice: The 10 Minute CBT Handbook (second edition, Scion Publishing, 2013).



www.10minutecbt.co.uk/

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Your Learning Agendas ...

Aim

Aim of session: An introduction to the use of brief cognitive behavioural therapy (CBT) skills in primary care.

Learning objectives:

- ▶ Understand basic principles of CBT and a five-areas or cognitive-behavioural model (CBM)
- ▶ How to apply these principles to common problems such as depression, anxiety and chronic disease in a 10 minute consultation
- ▶ Review key strategies for managing time pressures
- ▶ Empowering patients to take responsibility for managing their own health
- ▶ Learn some effective CBT approaches to overcoming depression and anxiety

Programme ...

9.00-9.30am	Registration, Coffee & Exhibition
9.30-11.00am	Brief Introduction to 10 Minute CBT Part 1
11.00-11.30am	Coffee, Biscuits & Exhibition
11.30-1.00pm	Brief Introduction to 10 Minute CBT Part 2
1.00pm	Conference closes

There are 2 methods of booking:

- Book and pay online at www.medicconf.co.uk
- Post a cheque for £22.00 (Course fee inc. VAT) payable to Medicconf UK Ltd together with your completed booking form to the address below.

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