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# A Brief Introduction to 10 Minute CBT

## Saturday 4th February 2017

Cardiff School of Management  
Llandaff Campus, Cardiff Metropolitan University,  
Western Avenue, Cardiff CF5 2YB

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/](http://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 ...

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

There are 2 methods of booking:

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