

A Brief Introduction to 10 Minute CBT

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**

Saturday 2nd February 2019

**Holiday Inn-Brighton Seafront
137 King's Road, Brighton BN1 2JF**

Introducing your speaker

Dr Lee David

MB BS, BSc, MRCGP, MA (cog.behav.ther.), PGCert(Med.Ed)
GP and CBT Specialist

Meet the Speaker ...

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



Dr Lee David is a practicing GP with a MA in cognitive behavioural therapy (CBT). She also has experience in the use of mindfulness, acceptance and commitment therapy (ACT) and compassion-focused therapy. She is also a CBT therapist offering sessions largely via Skype.

She is the founder and director of the 10 Minute CBT (www.10minutecbt.co.uk). They provide face to face and online education for GPs and other health professionals to develop skills in the use of evidence-based, realistic and effective brief CBT concepts in routine consultations. 10 Minute CBT is adaptable to a wide variety of settings including management of mental and physical health, chronic disease, medication adherence, and for cancer and palliative care.

Dr David has a particular interest in promoting patient self-management for both physical and emotional problems, as well as in supporting health professionals to develop emotional resilience and wellbeing at work. She is also interested in adolescent health, and has recently developed a new training programme using brief CBT strategies to bring into schools.

She is author of the textbook, Using CBT in General Practice: The 10 Minute CBT Handbook (Scion Publishing, 2013) and is in the process of writing a new book on understanding and managing anxiety disorders in primary care.



www.10minutecbt.co.uk/

Your Learning Agenda ...

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 ...

09.00 - 09.30am	Registration, Coffee and Exhibition
09.30 - 11.00am	Brief Introduction to 10 Minute CBT - Part 1
11.00 - 11.30am	Coffee, Biscuits and Exhibition
11.30 - 1.00pm	Brief Introduction to 10 Minute CBT - Part 2
1.00pm	Conference Closes

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