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Building Personal Resilience

This 3-hour workshop will give an overview of brief evidence-based strategies for building personal and emotional resilience and wellbeing and prevent burnout.

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 30th November 2019

Mecure Leeds Parkway Hotel
Otley Road, Leeds
LS16 8AG

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.

10MinuteCBT
Practical training for busy health professionals

www.10minutecbt.co.uk/

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COURSE CODE 1203

Your Learning Agenda ...

This 3-hour workshop will give an overview of brief evidence-based strategies for building personal and emotional resilience and wellbeing. This new and innovative workshop has been developed to introduce current developments in psychological therapies which can be applied personally. The session will review a range of brief but effective strategies derived from a range of theoretical backgrounds including CBT, behavioural activation, mindfulness, acceptance and commitment therapy and compassion focussed therapy.

The material covered in the workshop will be very relevant for building emotional resilience and wellbeing in health professionals themselves. The session will review key theoretical principles but will focus on practical learning through experience, and presenting the material in small steps.

Overview of the content:

- The 'Guide': exploring Values for motivation and building meaningful lives
- Behavioural approaches: Values-based goal setting, 'Towards' and 'Away' behaviours, breaking vicious cycles and facilitating behaviour change
- Use of 'mini' mindfulness strategies - press pause, noticing and labelling, distress tolerance
- Wise and workable mind: cognitive strategies for building personal resilience (e.g. 'wise mind', 'Workability', flexible and helicopter thinking, managing difficult thoughts - Poisonous Parrot & Thought train)
- Kind mind: Self-compassion and gratitude, 'taking in positive experiences'

Programme ...

09.00 - 09.30am	**Registration, Coffee and Exhibition**
09.30 - 11.00am	**Personal Resilience Session 1**
11.00 - 11.30am	**Coffee, Biscuits and Exhibition**
11.30 - 1.00pm	**Personal Resilience Session 2**
1.00pm	**Conference Closes**

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