

Mental Health during COVID-19 - Supporting Health Professionals and Patients WEBINAR

Wednesday 25th November 2020

All Delegates will receive

- Increased knowledge in Mental Health
- A set of Course downloads
- A certificate for your appraisal portfolio

**Course Accredited for
2 hours CPD**

Introducing your speaker

Dr Lee David

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

GP and CBT Specialist

Meet the Speaker ...

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



Dr Lee David is a GP with an interest in mental health and cognitive behavioural therapy (CBT). She also has experience in the use of mindfulness, acceptance and commitment therapy (ACT) and compassion-focused therapy. She practices as a CBT therapist and coach, offering sessions via video consultation, and has a clinical role within the Practitioner Health Service (<https://www.practitionerhealth.nhs.uk>) providing support for Doctors struggling with emotional difficulties.

She has a particular interest in promoting patient self-management for physical and emotional problems, as well as in supporting health professionals to develop emotional resilience and wellbeing at work. She is the director of 10 Minute CBT (www.10minuteCBT.co.uk), which provides education for health professionals to develop skills in the use of evidence-based, realistic and effective brief CBT concepts in routine consultations, including supporting the management of mental and physical health, chronic disease, medication adherence, and for cancer and palliative care. She is also interested in adolescent health, and has recently developed a new training programme using brief CBT strategies to bring into schools.

Dr David is author of two books: Using CBT in General Practice: The 10 Minute CBT Handbook (Scion Publishing, 2013) and her second book, Managing Anxiety Disorders in Primary Care was also published in 2020.

Your Learning Agenda ...

Mental Health during COVID-19 – Supporting Health Professionals and Patients

Part 1: Providing Mental Health Support in Primary Care

- ▶ Review Impact of COVID-19 on mental health
- ▶ Remote consultations in mental health
- ▶ Common mental health problems associated with COVID, including grief and loss, depression, PTSD
- ▶ Brief strategies for offering effective primary care support

Part 2: Supporting Health Professionals

- ▶ Coping with anxiety and uncertainty for health professionals
- ▶ Adapting to change, stress and preventing burnout
- ▶ Guilt, trauma and moral injury
- ▶ “FACE-COVID” model for coping and developing resilience under pressure

Programme ...

7.30pm - 8.15pm Session 1

8.15pm - 8.45pm Break and Promotional Presentation TBC

8.45pm - 9.30pm Session 2

9.30pm Webinar Ends

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