



Promoting excellence
in health education

**10 Minute Resilience for health professionals
and patients - using 10 Minute CBT,
mindfulness and compassion**

Saturday 6th October 2018

Renold Building

**Altrincham Terrace, The University of Manchester,
Sackville Street, Manchester M1 7JR**

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, 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 newer CBT-based therapeutic approaches, including mindfulness, acceptance and commitment therapy (ACT) and compassion-focused therapy.

She is the founder and director of the educational organisation 10 Minute CBT (www.10minuteCBT.co.uk). They provide training for GPs and other health professionals to develop skills in the use of evidence-based, realistic and effective brief CBT concepts and skills in routine primary care consultations. 10 Minute CBT is used in a wide variety of settings including primary care mental health, medication and chronic disease management 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/

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Your Learning Agendas ...

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 and within primary care consultations. 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 workshop will be presented in a brief '10 Minute' format, which can be used to support patients in a variety of brief settings, but the material covered also 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 that are applicable to primary care consultations.

Overview of the content:

- ▶ Core skills for building collaboration and introducing the model to patients
- ▶ 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 ...

9.00-9.30am	Registration, Coffee & Exhibition
9.30-11.00am	10 Minute Resilience Session 1
11.00-11.30am	Coffee, Biscuits & Exhibition
11.30-1.00pm	10 Minute Resilience Session 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.

We do not take bookings over the phone

Please note that all confirmations will be sent to you via email **ONLY** acknowledging your place, candidate registration number and other essential information. It is therefore crucial that you print legibly and clearly your email address on the booking form.

Payment is required in full at the time of booking, otherwise a place will not be allocated.

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(Please tick the appropriate boxes)

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