

CBT First Aid

This one-day training course is aimed at participants who wish to gain an understanding in application of practical CBT skills and techniques within a clinical setting where the time limited approach is of great importance. Participants will be able to have a focused approach in brief assessment, identification of presenting problems and plan of short term treatment. Participants on this course are expected to have a basic prior knowledge of the theory of CBT and its application in clinical practice.

Learning outcome

The workshop will help participants to gain an understanding in:

- Using the CBT model in practice
- Using CBT in daily practice
- A time limited approach to the practical application of CBT
- The course of action during the CBT first aid
- Completing a brief assessment, drawing a simple formulation and considering a plan of intervention

Course content

- Application of CBT model in practice
- Applying basic CBT skills such as Socratic dialogue
- Brief assessment of needs using the CBT approach
- Use of Cognitive model in clinical practice
- Simple formulation
- Selection of treatment plan