

## **Introduction to CBT**

This is a one-day course which will enable the participants to become familiar with the theoretical and underpinning principles of CBT. They will be introduced to agenda setting the structure and features of CBT within clinical settings. In addition, the participants will become familiar with Cognitive models in assessment and treatment of common mental health problems such as low mood and anxiety. This course is suitable for all mental health care providers and other health care professionals who wish to gain a basic understanding of CBT.

### **Learning outcome**

The workshop will help participants to gain an understanding in:

- What is CBT?
- Basic understanding of the principles and theories of CBT
- The relationship between thoughts and behaviour
- The process of CBT and its features
- When to consider CBT
- Ability to explain CBT to clients/patients

### **Course content**

- What is CBT?
- Introduction to theoretical and principles of CBT
- To gain an understanding of Behavioural and Cognitive approaches
- CBT characteristics
- Introduction to simple Cognitive models
- Socratic dialogue
- Use of Cognitive models in assessment and treatment of common mental health problems