

## **Practical Application of CBT for Depression**

This is a two-day workshop and the training is aimed at practitioners who wish to gain an understanding of practical application of CBT for Depression. The participants will be able to apply these learnt skills and knowledge in their clinical practice. This course will also offer 12 hours of accreditation for the participant's CPD. This course is aimed at practitioners who have a basic understanding of CBT principles and practicing CBT within clinical settings.

### **Learning outcome**

This course will enable the participants to:

- Gain an understating of the CBT model for Depression
- Practically apply the CBT model of Depression in daily practice
- Equip themselves with assessment techniques and use of assessment tool/instrument in clinical practice
- Be able to formulate the identified problem
- Be able to consider a suitable intervention for identified problem/s
- Apply basic CBT skills and techniques

### **Course content**

- Theoretical and CBT model of Depression
- Assessment techniques
- Assessment tools and their application in practice
- Formulation
- Treatment plan
- Group practices during the workshop