EPA COURSE TITLE	**Coping with adversity: CBT in adverse life circumstances**
COURSE DIRECTOR	**Stirling Moorey, UK**
COURSE CO-DIRECTORS	N/A
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	- Formulate a case using a cognitive behavioural model and identify 'vicious circles' that can hinder adjustment and coping. - Formulate a case using a developmental model and understand the interplay between adverse life events, coping and underlying vulnerabilities. - Describe how CBT addresses 'realistic negative automatic thoughts'.
COURSE DESCRIPTION	This course will introduce participants to a cognitive behavioural model of adjustment and coping that was originally derived from work in psycho-oncology but has been developed and applied to adversity in general. Serious life events challenge our underlying beliefs about ourselves, the world and the future. Adjustment to loss, injury, illness etc. involves a process of appraisal and reappraisal. Coping strategies can facilitate or hinder this process. The course will consider the evidence for adaptive and maladaptive coping and give participants the opportunity to use the model in formulating cases of adversity, and to consider how CBT addresses realistic negative thoughts. A role play video of a case of survivor guilt will be used as the basis for an interactive discussion of how to work with emotional reactions in people experiencing serious adversity and its consequences.
PREREQUISITE KNOWLEDGE	No previous knowledge of CBT is required. The course will be suitable for clinicians interested in working with patients experiencing a range of types of adversity, and will also be of relevance to clinicians more experienced in CBT who will learn how to adapt CBT to this patient group.
COURSE METHODS AND MATERIAL	Small group discussions | Case studies | Role play | Video | Slides | Handouts
TARGET AUDIENCE	Particularly Early Career Psychiatrists
RECOMMENDED READINGS	N/A
LANGUAGE(S)	English