



EPA COURSE TITLE	CBT for psychiatrists
COURSE DIRECTOR	Moorey Stirling, UK
COURSE CO-DIRECTORS	
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	1. Describe the current evidence base for CBT. 2. Describe factors which make patients suitable for CBT. 3. Engage patients in the process of referral for CBT. 4. Utilise some techniques from 'first aid CBT' in their psychiatric practice.
COURSE DESCRIPTION	<p>Cognitive behaviour therapy probably has the strongest evidence base of all the psychological therapies and is a recommended treatment for a wide range of disorders. This course will review the historical development of CBT from behaviour therapy to modern 'third wave' approaches, revise the basic principles of CBT and update participants on its current status for psychiatric disorders. Factors which make CBT a suitable or unsuitable treatment option for individual patients will be discussed, as well as some tips on how to prepare patients for referral. The second part of the course will introduce some ideas from 'first aid CBT' and participants will have the opportunity to learn how some of the elements of CBT can be brought into their psychiatric practice (problem and goal identification, structuring sessions, working collaboratively and using simple and behavioural techniques).</p>
PREREQUISITE KNOWLEDGE	None
COURSE METHODS AND MATERIAL	Small group discussions Case studies Role play Vignette Video Slides Handouts
TARGET AUDIENCE	N/A