

CME COURSE TITLE	Internet-based CBT in Psychiatry
COURSE DIRECTORS	Prof. Nils Lindefors, SWEDEN
COURSE CO-DIRECTORS	Dr. Christian Rück, SWEDEN, DR. Eric Hedman, SWEDEN
COURSE LEVEL	Basic
EDUCATIONAL OBJECTIVES	<ul style="list-style-type: none"> • Basic knowledge on rationale for Internet-based CBT, evidence for its efficacy, effectiveness and cost-effectiveness. • Basic knowledge on organizational aspects to organize a clinical unit for Internet-based CBT. • Basic impression on treatment content and execution of Internet-based CBT.
COURSE DESCRIPTION	<p>The increasing use of the Internet provides various new opportunities including use within psychiatry. An evidence-based utility is Internet-based cognitive behavioural therapy (CBT). Several clinical trials have shown the efficacy of these form of treatment, where empirically supported treatments (ESTs) such as CBT have been adapted to a web- and self-help-based format. These studies show several similarities although different in way of presentation as well as in amount and quality of therapist-contact. The internet-based self-help approaches with therapist support have been shown effective in treating e.g panic disorder, phobias, depression, eating disorders, irritable bowel disorder, insomnia, health anxiety, PTSD and social anxiety disorder. These treatments are cost-effective and supplementary ways of using CBT resources and possibly attractive in where there is a shortage of qualified CBT-therapists.</p> <p>This course will outline the background and development of Internet-based psychological treatment. Issues to discuss are:</p> <ul style="list-style-type: none"> • Diagnostic procedure/Assessment • Treatment • Follow up/Quality control • Evidence base • Cost-effectiveness <p>Based on our experience of setting up Internet-based applications for panic disorder, depression and social phobia in the Stockholm area, we will present current treatment programs and discuss issues of patient selection/recruitment, web-technology and treatment evaluation.</p>
COURSE METHODS AND MATERIAL	PowerPoint presentation. Hand-outs of presentations and significant publications that will be discussed. Group discussion on how to introduce an Internet-based treatment application.
TARGET AUDIENCE	Psychiatrists, psychologists or other educated professionals in psychiatry and general medicine. Clinical directors in psychiatry and general medicine.
LANGUAGES	English, Swedish