

Book early to avoid disappointment!!



Royal College of
General Practitioners
ESSEX FACULTY

Introduction to 10 Minute CBT

With a Focus on

Heartsink, Health Anxiety and Somatization

Based on Lee David's book

"Using CBT in General Practice: 10 Minute Consultation"

Date: 15 September 2009 Time: 09:00–16:30

Venue

Ivy Hill Hotel
Writtle Road
Margaretting
Essex CM4 0EH

A thorough introduction to the principles of Cognitive Behavioural Therapy (CBT) and the 10 Minute Cognitive Behavioural Model (CBM).

Patients with health anxiety are often frequent attenders at general practice surgeries but can be difficult to manage and treat effectively. The difficulty posed by managing these complex cases often represents a significant source of stress for health professionals.

There is growing evidence that hypochondriasis can be effectively treated with CBT.

Cost

Members: £120
Non-members: £130
AiTs: £110

This workshop also takes a CBT approach to coping with 'heartsink' – the difficult emotional reactions that frequently arise in health professionals when faced by difficult patients, situations and even colleagues.

By attending this one-day workshop, participants will:

- Develop understanding of the CBT approach to health anxiety, hypochondriasis and somatisation disorder
- Learn how medical professionals may be involved in its development
- Discover new ways to cope with the stress and anxiety that can arise within health professionals when faced by challenging patients
- Improve relationships with health anxious patients
- Learn how to engage patients in the CBT approach by highlighting links between physical, emotional, cognitive and behavioural factors
- Encourage patients to learn coping strategies to accept and manage their unpleasant physical symptoms

Trainer

Jeannie Bruce
CBM Training

Please note the closing date for applications is 4 September 2009.

Payment must be received with the application and will not be refunded if you cancel after the closing date above.

You can email essex@rcgp.org.uk to reserve a place immediately, but you must also return your completed booking form and payment to:
Gerald Walsh, Administrator Essex Faculty, RCGP, Room 304, Frazer House, 32-38 Leman Street, London E1 8EW

Your booking will be confirmed by email.

For further information, please contact Gerald Walsh
Email: essex@rcgp.org.uk / Tel: 020 7173 6076

BOOKING FORM

Introduction to 10 Minute CBT

Including Heartsink, Health anxiety and Somatization

15 September 2009

Please book me places on the above event.

I enclose a cheque for £..... made payable to "Essex Faculty RCGP".

Name: _____

Address: _____

Tel No: _____

Email: _____

Dietary Requirements (please specify)

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