

**With
Dr
Aftab
Laher**

Applying Cognitive-Behavioural Therapy (CBT) in Physical Health Care

Duration: 1 day
CPD Hours: 7.25
Format: Online & F2F
Fee: £130



Dr Aftab Laher

Consultant Clinical and Health Psychologist
Accredited Cognitive-Behavioural Psychotherapist

Overview

This is an introductory one-day training course which provides an opportunity to learn about CBT approaches to physical health care and rehabilitation. The focus is on adults presenting with physical health conditions and disabilities (e.g. chronic pain). However, wider applications of CBT in physical and mental health are also covered.

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Who will Benefit?

This course is primarily suitable for health professionals, therapists, and care staff working in physical health care and rehabilitation settings including, occupational therapists, physiotherapists, nurses, counsellors, psychologists, dieticians and doctors. However, staff working mainly in mental health settings who are already familiar with CBT may see this course as useful refresher training.

Key Learning Outcomes

- Introduce you to the historical and theoretical background to CBT.
- Enhance your skills around engaging clients using a CBT approach.
- Become familiar with key CBT-based assessment strategies and tools.
- Learn how to formulate clinical problems using a CBT framework.
- Learn CBT treatment strategies that you can apply.
- Be able to identify and deal with treatment roadblocks.

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