

# **An introduction to using CBT with depression – Day 1**

**9.00am – 9.30am Reception, tea coffee and biscuits**

## **CBT –The basics**

### **What is depression?**

- History
- Prevalence
- CBT and depression – the evidence base
- Identifying acute, chronic, reactive and endogenous depression
- Assessing suicide risk, helplessness, and hopelessness

**11.15am – 11.35am Break, tea, coffee and biscuits**

### **Assessing depression using the cognitive paradigm**

- Using Socratic dialogue/guided discovery
- Information processing biases
- Analytical (rumination) and avoidant style
- Poor problem-solving
- Excessive negative self-focus

**1.00pm – 2.00 pm Lunch, buffet lunch provided**

### **Formulating how the depressed mind works using the cognitive model**

- Beck's cognitive triad
- Maintenance cycles

**3.10pm – 3.30pm Break, tea, coffee and biscuits**

- Longitudinal model of depression

**4.30pm – End of day one**

# **An introduction to using CBT with depression – Day 2**

**9.00am – 9.30am Arrival, tea coffee and biscuits**

## **Using CBT – The fundamentals**

- Teaching clients to think about their thinking (developing meta-cognitive awareness) using Socratic dialogue and guided discovery
- Working within a hypothesis testing paradigm

## **CBT – Interventions**

- Helping clients to assess mastery and pleasure (activity schedules)

**11.15am – 11.35am - Break, tea, coffee and biscuits**

## **CBT - Interventions**

- Mood monitoring and thought awareness, weighing up the evidence (increasing access to information outside of automatic processing)
- Utilising the 3<sup>rd</sup> person perspective
- Encouraging emotional processing, self-soothing, and compassion

**1.00pm – 2.00pm – Lunch, buffet provided**

## **CBT – Interventions**

- Decoupling from ruminative thinking
- Problem focused, goal-orientated thinking
- Schema flashcards
- Positive data logs
- Continuum work
- Homework
- Responsibility pies

**3.10 – 3.30 – Break, tea, coffee and biscuits**

## **CBT – Interventions**

- Shifting believability of beliefs
- Therapy blueprint