

Using a CBT approach within General Practice consultations: Tools for depression – Layout of day

AM

9.00am – 9.30am Reception, tea coffee and biscuits

Assessing and formulating depression

- Introducing CBT for depression
- How the depressed mind works
- CBT formulation approach for depression, Generic and longitudinal models

11.00 – 11.20 Tea, coffee and biscuits

Socialising to the CBT model

- Exiting thought, feeling and behaviour maintenance cycles
- Demonstrating the use of Socratic dialogue
- Activity scheduling – video demonstration

PM

1.00pm – 2.00 pm Lunch, buffet lunch provided

Using CBT to break patterns of depression: Cognitive diffusion and de-coupling

- Breaking cycles of rumination
- How to encourage experiential processing over analytical thinking
- Demonstration of technique
- Clinical practice of technique

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

- Processing emotion
- Demonstration of technique
- Clinical practice of technique
- Identifying rule-based thinking

4.15 – 4.30 – Feedback on day

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