We use cookies to ensure that we deliver the best user experience of our website. If you would like to, you can change your cookie settings at any time. Continue

Introduction to CBT for Occupational Health Professionals

Date(s)	Wednesday 3rd (09:00) - Thursday 4th July 2013 (17:00)
Download	**Add to Calendar (/facilities/mds-cpd/events/intro-cbt.aspx?ical=true)**

Course Summary

CBT has been advocated by National Institute of Clinical Excellence (NICE), as well as the British Occupational Health and Research Foundation as the psychological treatment of choice for depression and anxiety.

It is also recognised that not every individual requires intensive CBT at any given time, and the Improving Access to Psychological Therapies (IAPT) supports this tiered approach. Occupational health professionals are at the front line in providing early intervention strategies to prevent individuals engaging in the negative spiral that occurs when more severe mental health problems develop.

Learning Objectives

This two-day course will provide learners with an understanding of the assessment and formulation phase of providing cognitive behaviour based treatments in the work place. The programme will help OH professionals engage, assess and plan appropriate pathways for recovery for their clients through the development of evidence based formulations of their clients' individual problems.

Who is the course for?

Occupational Health Professionals

Course Details

Duration
Two days

Location
Institute of Occupational and Environmental Medicine (http://www.birmingham.ac.uk/schools/haps/departments/ioem/index.aspx) , University of Birmingham, Edgbaston, Birmingham, B15 2TT

Is this course accredited?
This course is approved for 11 CPD credits by the Faculty of Occupational Medicine, Royal College of Physicians.

Fees
£595.00 per person
Fees include lunch and refreshments on both days

How to apply
Register for this course (http://shop.bham.ac.uk/browse/extra_info.asp?compid=1&modid=2&prodid=634&deptid=33&searchresults=1) using a debit/credit card at our online shop

For further information please contact the CPD Training Team at the IOEM:

CPD Training Team, Institute of Occupational and Environmental Medicine, University of Birmingham, Edgbaston, Birmingham, B15 2TT

Email: **occhealth@contacts.bham.ac.uk (mailto:occhealth@contacts.bham.ac.uk)**
Telephone: +44 (0)121 414 6013/ 6014
Fax: +44 (0)121 414 6217

© University of Birmingham 2014