

Introduction to CBT for Occupational Health Professionals

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.

Study here and find out why the University of Birmingham has been awarded The Times and The Sunday Times University of the Year 2013-14 (<http://www.birmingham.ac.uk/news/latest/2013/09/20-sep-Birmingham-announced-as-University-of-the-Year.aspx>)

Course fact file

Type of Course: Module, continuing professional development

Duration: Two days

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