

**Course ID:** CMEC13

## **Introduction to cognitive psychotherapy**

**Course director:** Stirling Moorey

**Teaching faculty:** Stirling Moorey

**Educational Objectives:** To give participants an introduction to the cognitive model and methods as applied to common psychiatric conditions and to review the evidence for the effectiveness of cognitive therapy.

**Course description:** Cognitive therapy is establishing itself in psychiatry as a powerful treatment for a variety of psychological disorders, including anxiety, depression, eating disorders and schizophrenia. In less severe conditions it can prove as effective as psychotropic medication, while in more severe conditions it can complement drug treatment. Follow up studies suggest that cognitive therapy has a long term effect on relapse in anxiety and depression. Cognitive therapy is a brief, structured, problem focused approach that aims to alleviate symptoms and solve problems, teach coping strategies and prevent relapse through changing underlying beliefs and assumptions. Patients learn to identify and modify unhelpful thoughts and behaviours within a collaborative relationship with the therapist. The general cognitive model as applied to anxiety and depression will be described and a method for conceptualising cases presented. Specific models for panic disorder and schizophrenia workshop will be outlined. A mixture of presentation, video and group discussion will be used to demonstrate the therapy in action and introduce participants to some basic cognitive and behavioural techniques. Empirical evidence for cognitive therapy in psychiatric disorders will be reviewed.

**Educational methods and course material:** Handouts & reference lists.

**Target audience:** Psychiatrists and other mental health professionals.

**Course level:** No previous knowledge or experience of cognitive therapy is required.