Science. Compassion. Action

Programs for GPs

Scan to register

ABC of CBT: Skills for GPs

Audience

GPs

Duration & Format

2 x 6-hour face to face (includes morning tea, lunch and afternoon tea)
6 x 1-hour self-directed learning in between days
1 x 2-hour follow up coaching session (online)

Topics

Day 1
Introduction to CBT
Challenging Unhelpful Thoughts
Behavioural Strategies

Day 2
Psychological care in general practice
Motivational interviewing
Worry and panic
Avoidance and Exposure

Time, Location and Cost?

10th and 31stJuly 2021
9am-5pm
Thyme on Argent Function Centre, 220 Argent St Broken Hill NSW 2880
Free - This activity is funded by the Western NSW PHN

Description

Our new ABC of CBT provides GPs with a broad range of psychological skills readily applied in a general practice setting. Successful completion of the program also fulfils the criteria for FPS 2 accreditation allowing GPs to access Medicare item numbers for the delivery of Focussed Psychological Strategies. The program consists of 12-hours of face to face in the form of two full day workshops, interactive learning, with 8-hours of self-directed learning which is debriefed within the modules.

Learning Outcomes

- Describe the link between thoughts, feelings and behaviours.
- Identify unhelpful thinking styles.
- Apply cognitive and behavioural strategies to assist people with depression and anxiety.
- Outline the principles of Acceptance and Commitment Therapy.
- Integrate the provision of psychological services within a general practice context.

Accreditation

- RACGP: 40 Accredited CPD Activity Points
- ACRRM: PDP - 12 Educational activity points, 1 MOPS points
- GPMHSC: Focussed Psychological Strategies Skills Training

Prerequisites

It is strongly advised that participants have previously attended a Black Dog Institute GP workshop.

This service is funded by:

phn WESTERN NSW
An Australian Government Initiative

Black Dog Institute

Register **online** or at education@blackdog.org.au