



## Programs for GPs

# ABC of CBT: Skills for GPs

### Audience:

GPs

### Duration:

2 x 6-hour face to face day (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 Covered

### 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

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: 30 PRPD
- GPMHSC: Focussed Psychological Strategies Skills Training

## Prerequisites

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

## When:

Saturday 1st May and  
Saturday 15th May 2021  
9:00am - 5:00pm

## Where:

Bourke Bridge Inn, 4 Bogan  
St Bourke NSW 2840

## Cost: FREE

This activity is funded by  
the Western NSW PHN for  
health professionals in the  
Western NSW region

## Contact Details:

[Register online](#) or at  
[education@blackdog.org.au](mailto:education@blackdog.org.au)



This service is funded by:



An Australian Government Initiative



Black Dog  
Institute