

ABC of CBT: Skills for GPs



GP Education Workshop

Duration

- 2 x 6-hour workshops, and 8-hours of self directed learning
- Plus morning tea, lunch and afternoon tea

Program Outline

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 fulfills the criteria for FPS 2 accreditation allowing GPs to access Medicare item numbers for the delivery of focused psychological strategies.

The program consists of 12-hours of face to face, interactive learning together with 8-hours of self-directed learning which is debriefed within the modules.

Accreditation

- 40 RACGP QI&CPD Category 1 Points
- 30 ACCRM PRPD
- Focused Psychological Strategies Skills Training (GPMHSC)

Prerequisites

It is strongly advised that participants are registered with GPMHSC for MHST (formerly Level 1) and have previously attended a Black Dog Institute GP workshop.

Suitable for

GPs

Topics Covered

Day1

- Introduction to CBT
- Challenging Unhelpful Thoughts
- Behavioural Strategies

Day 2

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

Learning Objectives

- 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



Request a Quote

Contact the Health Professional Education Team at education@blackdog.org.au