

# CBT with Depression

Depression is the common cold of mental health, it is widespread and we haven't been good at treating it, until now.

A 3-day course for 6-15 people (2-day version also available).

## Executive Summary:

Depression is often referred to as "the common cold" of mental health - it is very common and we haven't always been very good at treating it. CBT's original application was with depression, NICE guidelines recommend CBT for depression and CBT is clearly one of the front-running interventions for depression. This module is designed to cover the relevant CBT techniques in a way that encourages you to use them subsequently and empowers you to help most people who are depressed.

## What this course will do for you:

- You will know what depression is: its symptoms, causes and how it affects people.
- You will be familiar with the major CBT techniques for depression and how to apply them with your own patients.
- You will know how CBT meshes with other helpful interventions for depression, and how to utilise that to the person's benefit.

## The course covers:

- What is depression? Symptoms, causes and incidence. How to analyse symptoms and interventions by the 5 CBT factors.
- NICE guidelines on the treatment of depression, especially as they relate to psychological therapies.
- The measurement of depression. The best evidence of success comes directly from the patient. Questionnaire measures.
- Diary Keeping. A crucial CBT method, so we look at why this is, and examples of the best forms of diary keeping.
- Doing something different. If you are depressed, there's no point in carrying on doing the same things as you are right now, but changing established patterns of behaviour is not as easy as it might seem.
- Enjoyable activities. One reason people don't do enjoyable things is that they don't know what they might enjoy.
- People who become trapped in lives that are unrewarding for them. How to help them to escape and restructure.

- Cognitive restructuring. The strongest purely cognitive intervention, we look at what it is and how to do it, including APT forms to help.
- Thoughts Diaries. We can do the same for people's thoughts and perceptions as we do for their behaviour. This is how.
- Problem solving: where depression is the result of realistic problems then the best strategy is to resolve the problem rather change one's view. This is how.
- Social factors. Social factors are often important in depression, so we must know what problems often arise in this area and be able to address them effectively.
- Biological factors such as exercise, sleep, diet. NICE Guidelines and how to apply the recommended strategies.
- Drug therapies for depression. "The combination of antidepressants and individual CBT is more cost-effective than either treatment on its own." NICE.
- Risk Assessment - Suicide: 90% of successfully suicidal individuals seek professional help in the preceding year.
- Working with suicidal people. Being suicidal is different from being very depressed; how should we respond differently?

### Delegates' Feedback

Average presentation rating: **95%**



Average relevance rating: **95%**



### Written Feedback:

"De-mystifying CBT! Thank you."

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