

CBT on the Move: The BITS™ Course

Brief, Informal Treatment Strategy.

A 2-day Course for 6-15 people.

Executive Summary:

Many of the best professionals working in mental health and related fields rarely sit down for formal 45 minute sessions with their clients. Rather, the way they work is much more suited to informal interactions lasting a few minutes and taking place as and when it is convenient. Unfortunately, sometimes these interactions rarely get beyond the “How are things going?” stage.

The BITS 5-minute therapy approach takes the view that many clients value these occasional, brief and informal interactions very highly. Hence the BITS 5-minute approach has been developed as an interface between the majority of professionals who need to work this way and the majority of clients who rather like this way of working. The problem with working in informal and short bursts was always thought to be that (a) it couldn't be organised and (b) it was difficult to build up a sizeable effect. The BITS 5-minute approach takes the opposite view and provides the tools to do it:

What the course covers:

1. A clear, easy to remember, 6-step process for structuring short interactions. This ensures that every interaction is structured and purposeful. It is a pillar of quality control that ensures the professional always covers the key areas, and enables patients to know there is a standard system that they can respond to.
2. A constant reminder of the 5 key CBT factors that have to be the driving force behind an effective intervention, in a way they can be brought to mind easily and instantly. To bring the relevant five factors to mind in an informal situation is demanding, and that is why we have devised a watertight mnemonic to ensure it happens.
3. “When the chips are down.” The BITS Course will give you a simple mnemonic to constantly keep you on track, even when working with very challenging clients.
4. BITS provides an easy, informal and verbal (instead of written) way of evidencing the client's progress, and doing so with great validity. Questionnaires are not feasible for informal interactions, and nor are they as good or pure a

measure as asking a key well-judged question – and later recording the answer.

5. BITS shows how to keep proper records to ensure both professionals and clients have the best of both worlds: brief informal therapy that is also properly organised and delivered. ‘Informal’ need not mean un-organised. Just the reverse; patients want interventions that are informal yet systematic: exactly like BITS.

Who should attend:

For professionals who have long thought that their expertise is not being used to the full ... For managers who have long thought that they have an army of good professionals whose therapeutic skills are under-utilised ... we believe that BITS is the answer. Typical delegates include: psychiatric nurses and assistants, social workers, and occupational therapists.

Delegates' Feedback

Average presentation rating: **97%**



Average relevance rating: **96%**



Written Feedback:

“Without a doubt one of the most motivating and interesting courses I have ever done in some time.”

To discuss or place an order call **0116 241 8331** or email **office@apt.ac**

Over 100,000 professionals have benefitted from attending APT courses; APT tutors are a resource of academic and clinical expertise probably unequalled in the UK.

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