

Cognitive Behavioural Therapy (CBT): Its Use in Palliative Care



This one-day course is suitable for those who have no or very little knowledge of CBT and will cover:

- An **explanation of the CBT model**: what it is & how it can be applied in palliative care.
- An outline for CBT model for **depression** as well as **panic/anxiety**.
- A basic introduction to the concept of **mindfulness** based Cognitive therapy
- An exploration of **breathlessness** & the psychological influence
- Some specific techniques to work with all of the above: **hopelessness, guilt, unhelpful thinking** (or cognitive biases), **assertiveness, depression & anxiety**



Learning outcomes will include:

- A basic understanding of the theory of CBT and **how the model can be applied in palliative care**.
- An **understanding** of the CBT model of **anxiety & depression** plus some **techniques** for working with both
- Basic **concepts** associated with mindfulness & breathlessness
- An overview of some **relaxation techniques**



Speaker: Jo Gresham-Ord, Counselling Psychologist

Tuesday 6th October – 10.00am to 4.00pm

£85.00 (including lunch & refreshments)

Early Bird price of **£75.00** for bookings **before 4th September**



Venue: St Nicholas Hospice Care, Bury St Edmunds, IP33 2QY

Payment by credit/debit card (by phoning 01284 715591) or by cheque (made payable to St Nicholas Hospice Care). Envelope to be marked Education Department and sent to the above address.

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To book your place email rachel.brown@stnh.org.uk giving your full name, job title & employer name, address & phone number