



11 September 2008

Aims: / Objectives:

An Introduction to CBT (Skills Workshop)

1. To introduce the core concepts of CBT (Cognitive Behaviour Therapy)
2. To have an overview of the most important stages of CBT
3. To have an introduction to working with key concepts of CBT

Comments / Feedback

Very interesting, though of role of negative questions very useful.

Useful presentation. Good skills to challenge negative thoughts. Would be interested in similar session.

Good overview. Useful to be able to ask questions from everyday problems, resolution. Small groups useful.

Very useful session. Explained what CBT was and the difference between that and counseling. Useful to take away how to ask questions and get small bits of information from patients.

Best session we have ever done. Another follow up session and workshop would be useful.

Really useful session to help understand + start to use CBT. ? Video to see in practice would be helpful – sometimes difficult thinking of appropriate/realistic scenarios.

Very informative and interesting. Given some ideas on how to get patients to open up/challenge their behaviour. Now aware of some of the treatment options in the community.

Very useful to know briefly what cost involves. Will use some CBT in practice.

Excellent session. I have not had any experience in psychiatry and therefore initially found it a bit difficult to comprehend. At the end of the session, I had an idea and this has therefore formed a platform/foundation for further reading.

Liked the non-verbal skill to use when you want to stop people from talking too much. Have a better understanding of when to use CBT and the importance of understanding when it is appropriate or inappropriate to refer for counseling.

Useful approach. Interesting- may be difficult to do in full in one GP consultation – maybe over a series of consultations. Well presented.

Useful background information as a screening tool to ascertain patients requiring CBT, but in a little too much detail for everyday practice.

Extremely useful as an introduction to CBT. Will try to use elements in my consultation – but full implementation may be limited by time.

Good, non-woolly psychology session. Beck's model useful. How to keep early life history short.

Very good practical approach to CBT in GP, useful.

Excellent. Worked very well doing practical elements. These were all new concepts from me!

Looking forward to trying it in practice!

Very good introduction to core concepts and basic clinical practice of CBT. Will definitely use some CBT questioning where appropriate and think about schemas + negative thoughts etc., of patients soon. Asking for short 'snippets' of information is another good consultation skill to practice. Difficult area to teach.

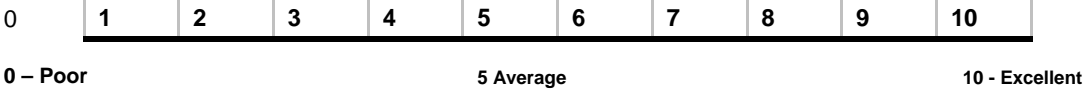
Good introduction to CBT. Learnt how to challenge patient's negative thoughts and to find out what has happened in the past/recently to precipitate these.

Very good. I have been introduced to the complicated language of CBT.

Learnt – to challenge people negative thoughts. Suggestion – maybe a video of a real/pretend point to get an idea of what it is like in real life!

Learnt – How to help patients identify/challenge negative thought processes. Gained broader understanding of use of CBT.

Very good session, to help understand the basics of CBT, about none appropriate referrals and some simple tools to start management of people who we could help.
Interesting. Given an idea of how to approach patients with behavioural problems. Good understanding of relating schema to rules.
Useful. Some good general consultation skills. Skill: NATs.
Very good. Maybe some more on how to implement it eg only touched on lifestyle changes such as motivational aids and records – may be slightly more detail on this needed. Will certainly give it a go!
Useful. Interesting and informative for an area where we have little exposure and experience.
Interesting. Really learnt patient selection for CBT. -rather than confidence in performing it.
Learnt how to structure interview using Beck’s theory and steps. Learnt asking about childhood problems to help identify triggers.



Name (Optional)