

## About the facilitators

**Christine Baker** is a Consultant Clinical Psychologist in long-term physical health conditions, Royal Victoria Infirmary and a CBT trainer and supervisor, Newcastle CBT Diploma.

**Karen Heslop** is a Respiratory Nurse Consultant, Royal Victoria Infirmary, Newcastle. Karen is a CBT therapist, with six years experience.

**Kathryn Mannix** is a Consultant in Palliative Medicine and Cognitive Therapist, Royal Victoria Infirmary, Newcastle.



# Sobell Study Centre

Sir Michael Sobell House

## Cognitive Behaviour Therapy in Palliative Care: Basic Skills

23-24 April and 27 May 2010

£300 (includes refreshments & lunch)

Sobell House

Kathryn Mannix with Karen Heslop and Christine Baker

If you need to stay overnight in Oxford you can find a comprehensive list of hotels and bed and breakfast accommodation at [www.oxfordcity.co.uk](http://www.oxfordcity.co.uk) or telephone the Tourist Information Centre 01865 726871.

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## Education and Research in Palliative Care



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## Communication in palliative care

### Target audience

This course is primarily for health care clinicians working in palliative care with a generic role in providing psychological support. It will combine didactic and experiential teaching and provide opportunities to practice CBT skills. Participants will need to be able to practice skills between part 1 and 2 of this course and to bring a case for discussion at day 3. To maximise the impact of this course, we strongly encourage participants to arrange personal supervision with a CBT therapist who has experience of working with physical illness.

### About this course

Cognitive Behavioural Therapy is a time-limited, problem-focused therapeutic approach that involves working collaboratively with patients to enable them to discover and to change patterns of thinking and behaving associated with emotional discomfort. The NICE Guidance 'Improving Outcomes in Supportive and Palliative Care' recommends that patients should be able to access specialist psychological help for extreme distress but also that palliative care staff should develop skills to assist patients with adjustments, enhance coping and tackle less extreme emotional distress. CBT is specifically recommended.

This three day course is designed to introduce physical health staff to CBT skills, to enhance their usual practice with their patients. Over the first two days delegates will learn to recognize the links between thoughts, behaviours and emotions, and how these may be affected by and impact upon the experience of physical symptoms. They will be introduced to the CBT 'style' of curiosity, goal setting and recognition of thinking and behavioural 'traps.' Methods of introducing new ways of thinking and behaving in order to promote insight, reduce distress and enhance coping will be considered, and ways in which these skills can be incorporated into delegates' current clinical practice will be discussed. At the follow-up day, discussion of the delegates' own cases will be used to deepen insight into how CBT skills can be applied in their work setting for the benefit of patients.

Attendance at this course would qualify a delegate to apply for the Marie Curie 6-day intermediate CBT skills for palliative care/physical health **courses commencing autumn 2009.**

### Participants will have the opportunity to:

- Understanding the psychological impact of the changing course of physical illness
- Understanding the use of the cognitive model in palliative care settings
- Developing CBT skills in conceptualising and planning interventions
- Sharing experiences of taking CBT skills into practice

## Programme

	Day 1	Day 2	Day 3
09:00	<b>Registration and coffee</b>	<b>Registration and coffee</b>	<b>Registration and coffee</b>
09:30	Introduction: Aims and expectations of the course	Review of day 1	Review of day 1 & 2 and course orientation
10:00	CBT basics: What's it all about?	Goal setting	
11:00	<b>Coffee</b>	<b>Coffee</b>	<b>Coffee</b>
11:15	Communication skills	CBT change techniques	Skillspractice - putting it all together
12:15	Summary and feedback		
12:45	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
13:30	CBT communication skills Skills practice	CBT change techniques	Case presentations
14:30	<b>Review and feedback</b>		
15:00	<b>Tea</b>	<b>Tea</b>	<b>Tea</b>
15:15	Formulation practice	Skills practice – change techniques with case studies	Putting it all together Preparation for future practice and supervision course evaluation
16:45	<b>End of Day 1</b>	<b>End of Day 2</b>	<b>End of course</b>

For application form and to see our full education programme, please visit our website: [www.sobellhospiceoxford.org](http://www.sobellhospiceoxford.org)