

# qualification



## Certificate in Cognitive Behavioural Therapy Skills for OH Professionals

Part One: 16–18 January 2017  
Part Two: 9–10 February 2017  
London

A five-day course designed to train OH practitioners, and allied health professionals, in the effective delivery of cognitive behavioural therapy (CBT) skills and techniques. This highly practical qualification will equip you with the skills and understanding to apply CBT to the workplace management of common mental health problems, in order to increase staff retention and promote return to work from long-term sickness absence in a cost-effective way

### CPD:

Self-certification  
schemes: 25 hours



An important  
qualification from The  
At Work Partnership

With the support of  
Brunel University London



### Course Tutors:

**Alan Dovey** – consultant  
cognitive behavioural  
psychotherapist and honorary  
clinical lecturer, University of  
Birmingham

**Sharon Wilday** – consultant  
cognitive behavioural  
psychotherapist and honorary  
clinical lecturer, University  
of Birmingham

**Paul Anthony** – cognitive  
behavioural therapist and senior  
clinical lecturer, Staffordshire  
University

*"This is without doubt the best course I have been on since I qualified in OH 20 years ago. It has given me new skills that I can use on an almost daily basis.*

*It is cost-effective too: A senior manager returned to work 2 weeks after I used a CBT approach to his sickness absence; before attending the course I suspect he may have been off work for months. So in effect the course paid for itself before I've even finished it!"*

Quote from previous delegate



# What are the benefits of Cognitive Behavioural Therapy (CBT)?

CBT helps people to change how they think (*cognitive*) and what they do (*behaviour*). It is the most effective, evidence-based short-term intervention to rehabilitate people with common mental health problems, such as anxiety or depression, according to a major study by the British Occupational Health Research Foundation (BOHRF, 2005). CBT can be used to help people to remain at work when they develop a health condition, as well as promoting return to work from long-term sickness absence.

CBT has been proven most effective as an early intervention and relapse prevention treatment. It is an educational and structured treatment that can be delivered over a limited period of 6-8 sessions, making it highly cost-effective.

## How will gaining this qualification benefit you and your organisation?

The At Work Partnership established this qualification with the support of Brunel University to train OH professionals to provide CBT in their own workplaces.

CBT has a very wide application and can be used to treat conditions such as: anxiety; depression; panic attacks; phobias (including workplace phobias); chronic fatigue syndrome; and, chronic pain (such as back pain) where psychosocial factors present obstacles to recovery.

This Certificate will focus in particular on using CBT skills and techniques to retain and rehabilitate employees suffering from common mental health problems such as anxiety and depression. It will also look at chronic pain conditions where psychosocial factors present obstacles to recovery.

## Delegates at our recent courses said:

**“It has been the most valuable post-registration course I’ve ever done. The skills acquired are totally transferable to the workplace”**  
Clare Duggan, Leeds Metropolitan University

**“Fantastic course, well run and well delivered. Very practical skills obtained to help me on a daily basis. Thank you”**  
Suzanne Bishop, Haribo Dunhill’s (Pontefract) plc

**“An excellent, practice orientated course...thought-provoking, well-paced and highly practical”**  
Jan Maw, previously at Royal College of Nursing

### This highly practical course will provide you with the skills and techniques to apply CBT to:

- support individuals who have, or are at risk of developing, long-term mental health conditions
- see measurable improvements in employee well-being as a *direct result* of your efforts

### As a result, your organisation will be able to:

- reduce mental health related sickness absence in the workplace in a cost-effective and speedy way
- avoid lengthy waiting times for CBT referrals
- save money on consultancy fees

## Course details

The programme is designed to deliver effective skills training through experiential learning and clinical/caseload supervision

### At the end of the course you will be able to:

- understand the principles underlying cognitive behaviour interventions
- apply these principles to your own area of work
- accurately assess clients using evidence-based techniques
- understand the role of the therapeutic relationship whilst delivering cognitive behaviour interventions
- collaborate with clients and other members of the interdisciplinary team to enhance treatment outcome
- implement cognitive behaviour interventions in your workplace on a one-to-one basis with the client, based on individualised formulations of clients’ problems

### Course content:

- key features of the cognitive behavioural therapy approach
- training in the biological processes of anxiety and depression
- key behavioural and cognitive models and interventions
- assessment, formulation and therapeutic skills
- clinical applications of cognitive and behavioural strategies
- research studies and literature underpinning CBT
- potential and limitations of applying the CBT approach in OH
- interdisciplinary team working

### Specifically, the course will focus on the following two areas:

#### Assessment and formulation

##### Assessment of the factors contributing to a client’s problem and formulation of an effective treatment plan

- pragmatic, semi-structured interviewing techniques to identify accurately client problem areas and determine suitability for cognitive behavioural interventions
- assessing the relationship between thoughts, mood and behaviour in a cognitive behavioural framework
- indications and contraindications for cognitive behavioural interventions
- case formulation for common mental health problems
- client education in the cognitive behavioural framework and formulation of their problems, using direct discussion and written materials
- explanation of treatment

#### Cognitive behavioural interventions

- interpersonal skills required for an effective therapeutic relationship
- factors affecting engagement and motivation including clinical and organisational aspects
- choosing and tailoring the most effective cognitive behavioural intervention strategy for the individual client, through detailed assessment and collaboration
- evaluating the outcome of treatment
- strategies for interdisciplinary liaison

# Course dates, entry criteria, teaching methods and assessment

## Course format and dates:

The course will take place over two months in a new two-part format:

### Part One (Days 1-3):

#### Monday 16 January – Wednesday 18 January 2017

Day 1: 10.00am - 4.15pm

Day 2: 9.30am - 3.45pm

Day 3: 9.30am - 3.45pm

### Part Two (Days 4-5):

#### Thursday 9 February – Friday 10 February 2017

Day 4: 10.00am - 4.15pm

Day 5: 9.30am - 3.45pm

A course drinks reception is held on 16 January 2017 from 4.15 – 5.00pm.

## Who is the course designed for?

### Occupational health professionals:

Occupational physicians and occupational health nurses holding a recognised qualification in occupational health automatically qualify to attend the course.

The course is also designed for OH professionals who do not hold a recognised OH qualification, but are clinically qualified (eg. RGN) and can demonstrate appropriate levels of OH experience and CPD. A supplementary application form will need to be completed.

### Counsellors, occupational physiotherapists and other allied health professionals:

The course is also designed for counsellors, occupational physiotherapists and other allied health professionals, such as occupational therapists, practitioner psychologists, case managers and vocational rehabilitation specialists. You will need to work in an OH setting, and at least 50% of your work should be in the field of occupational health. You'll also need accreditation (or evidence of working towards this) with a relevant professional organisation. A supplementary application form will need to be completed.

## Teaching methods:

Teaching methods are designed to encourage an active approach to learning, and maximise learning outcomes. These include: key lectures delivered by trained and experienced practitioners, discussion, case studies for presentation, skills demonstration, rehearsal and practice, experiential activities, small group work, guidance and supervision, directed and independent study. No previous knowledge of CBT is assumed.

## Course work and assessment:

The structure of the course ensures that knowledge and skills are built up progressively, and work and reading are set between modules to consolidate learning.

To qualify for the *Certificate in Cognitive Behavioural Therapy Skills for OH Professionals*, students will need to attend a minimum of 80% of the course and undertake a **3,000 word assignment** detailing their experience of using a cognitive/behavioural approach in a case study with a client they have worked with throughout the period of training. Certain activities, such as group work must also be completed as part of the course in order to aid learning and development.

The Certificate will only be awarded to students on the satisfactory completion of the above.

# About our expert tutors

## Alan Dovey MSc, RMN, DPSN, Dip Psych

Alan is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham. He is a consultant cognitive behavioural psychotherapist for West Midlands Fire Service, Jaguar Land Rover Vehicles and West Midlands Police Force. His area of specialised interest is OH and the development of effective systems of treating clients within organisations using an integrated approach. He has been involved in research in CBT within OH and presented findings at numerous international events.

Alan is accredited with the British Association of Behavioural and Cognitive Psychotherapy (BABCP), is registered with the United Kingdom Council for Psychotherapy (UKCP), is a senior associate member of the Royal Society of Medicine and an affiliate of the Society of Occupational Medicine.

Alan and Sharon are co-directors of Working Minds UK and have recently agreed a collaboration with Staffordshire University to develop the first degree level module in emotional resilience in the UK.

## Sharon Wilday MSc, SROT, Dip COT

Sharon is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham. She has a private CBT practice, working with clients with problems ranging from anxiety, stress, obsessive compulsive disorder, PTSD and depression to physical health issues known to have psychosocial components such as chronic pain. Sharon works with Health Care RM and on site at Jaguar Cars, Aston Martin and Landrover.

Sharon is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP) and an affiliate of the Society of Occupational Medicine. She has presented her work on occupational mental health and sickness absence, with Alan Dovey, at several international conferences.

## Paul Anthony MSc, RMN, Cert Ed, PgD CBT, Pg Cert RM

Paul is a cognitive behavioural therapist and senior lecturer in CBT at Staffordshire University. He also has a private practice working with Working Minds UK and works as a clinical supervisor as part of IAPT initiative. He specialises in providing CBT in the context of OH.

Paul originally qualified as a registered mental nurse, and spent over 10 years in a variety of primary care settings where he gained experience of a range of mental health problems. In addition to teaching CBT, Paul is involved in clinical research in this area. He is accredited with the British Association for Behavioural and Cognitive Psychotherapies (BABCP).

## About The At Work Partnership

The At Work Partnership provides specialist professional development courses for OH professionals and runs high quality, good value conferences bringing together some of the top speakers in their fields. We also run four other highly regarded training courses: the *Certificate in Managing OH Services*, which is supported by Brunel University, and certificated courses in OH Law, mediation and case management which are all accredited by Glasgow Caledonian University. For more information, please visit [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)

## About Brunel University London, Department of Clinical Sciences

The Department of Clinical Sciences has three academic divisions of physiotherapy; occupational therapy and community nursing; and social work and public health. It offers an exciting range of courses at undergraduate and postgraduate levels, as well as a very highly respected research programme. For more information, please visit [www.brunel.ac.uk/chls/clinical-sciences](http://www.brunel.ac.uk/chls/clinical-sciences)

# Booking Form

## Certificate in Cognitive Behavioural Therapy Skills for OH Professionals, London, January – February 2017



A B C D E F

Please book places for \_\_\_\_\_ delegate(s):

**Early bird rate:** for bookings made and paid **before** 15.11.16 – **SAVE £200!**

£1699 + VAT (£2038.80) per delegate

£1499 + VAT (£1798.80) per delegate

– reduced rate for NHS delegates

**Main rate:** for bookings made or paid **after** 15.11.16

£1899 + VAT (£2278.80) per delegate

£1699 + VAT (£2038.80) per delegate

– reduced rate for NHS delegates

### Delegate details

Title \_\_\_\_\_ First name \_\_\_\_\_ Surname \_\_\_\_\_

e-mail address \_\_\_\_\_

Position \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Tel \_\_\_\_\_

**Please detail your qualifications here** \_\_\_\_\_

The course is designed for occupational physicians and occupational health nurses holding a recognised qualification in occupational health. The course is also open to allied health professionals and occupational health professionals who do not hold a recognised OH qualification, subject to the completion of a supplementary application form detailing their experience and qualifications. See inside brochure for details or call us on 0345 017 6986.

#### New discounts for multiple bookings and self-funded delegates:

**Self-funded delegates** qualify for the reduced rate of £1399 + VAT. Payment can be made in instalments, and must be made by personal cheque or credit card.

**Multiple bookings** – train the whole team and benefit from generous discounts on the published rates. For example, organisations sending 3 or 4 delegates will qualify for a discount of 20%. Please contact us for a quote. All delegates must be booked onto the same course.

#### Cancellation and transfer policy:

For cancellations received in writing one month or more before the course commences, we will provide a refund, less a 10% cancellation fee. If the cancellation is received less than one month before the course start date, no refund will be made. At any time before the course commences, we will accept an alternative appropriately qualified delegate from your organisation.

I have read and agree to the cancellation terms:

Authorised signature \_\_\_\_\_

*(This booking is not valid unless signed)*

### Administration

#### Venue

The conference will be held in a hotel or training centre in central London

#### Attendance requirements

Delegates must attend a minimum of 80% of the course. If you anticipate that any one of the course dates may present a problem, please contact us – as missing more than one day (or the equivalent in hours through very late arrivals etc) will disqualify students from gaining the Certificate.

#### Booking procedure

Due to high levels of interest in this course, we recommend the following procedure for bookings:

1. Please call us on 0345 017 6986 to reserve a no-obligation provisional place.
2. If places are available, we will hold a provisional place for you for a maximum of 30 days.

#### Course administration details

Please contact us if you do not receive written confirmation of your booking within two weeks of making the reservation. Details of the venue, a map and any final information will be sent to paid delegates approximately four weeks before the course. If you have not received these two weeks before the event, please telephone 0345 017 6986, or e-mail: [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)

#### Payment information

Course price: £1899 + VAT per delegate (or £1699 + VAT for delegates from the NHS). Bookings made and paid by 15.11.16 will be charged at the Early Bird Rate of £1699 + VAT per delegate (or £1499 + VAT for delegates from the NHS). Bookings made before 15.11.16 but not paid by this date, will be charged at the higher main rate.

#### Payment can be made:

- By cheque – payable to The At Work Partnership Ltd
- By BACS – please contact us for our bank details
- By credit card – Expiry date \_\_\_\_ / \_\_\_\_ 3 digit security number \_\_\_\_\_  
Card No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

#### Special requirements

If you have any special needs, please let us know in advance and we will be delighted to try and help.

**Hotel accommodation** can be arranged through Venuehunt.

Tel: 01722 500675. Online: [www.venuehunt.co.uk](http://www.venuehunt.co.uk)

In order to process this booking, your details will be held on our system. We would like to keep you informed of future relevant events and information from **The At Work Partnership** by post, 'phone or e-mail. Please contact us if you do not want to be kept up-to-date with this information.

**This programme was correct at time of going to press. In unavoidable circumstances, we reserve the right to change or cancel this event.** If we do need to cancel this event, our liability is limited to a refund of fees.

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## BOOK NOW and return your completed form to:

**Post:** The Registration Secretary, The At Work Partnership Ltd, 3 Woodfield Way, Bounds Green, London N11 2NP

**Telephone:** 0345 017 6986 **e-mail:** [conferences@atworkpartnership.co.uk](mailto:conferences@atworkpartnership.co.uk)

Visit our website at [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)