

# qualification



## Certificate in Cognitive Behavioural Therapy Skills for OH Professionals

**Part One: 22–24 January 2020**

**Part Two: 27–28 February 2020  
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

**SPECIAL OFFER**  
**SAVE £200**  
for bookings made  
and paid  
by 10.12.19

# About this qualification

The At Work Partnership runs the Certificate in Cognitive Behavioural Therapy Skills for OH Professionals with the support of Brunel University London. Over the past decade, we have trained hundreds of OH professionals to provide CBT in their own workplaces.

## What is CBT?

CBT helps people to change how they think (cognitive) and what they do (behaviour). It is based on five main interconnected areas: situations, thoughts, emotions, physical feelings and actions. 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).

In addition to treating anxiety and depression, CBT is also used for panic attacks, phobias (including workplace phobias), and can be used for long term conditions such as chronic fatigue syndrome and chronic pain.

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

**This Certificate course focuses on using CBT skills and techniques to retain and rehabilitate employees suffering from common mental health problems such as anxiety and depression.**

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

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

## Previous delegate comments:

**"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

Comment from one delegate a couple of years after she completed the course:

**"Good insight into CBT in an OH setting ...I don't know how I completed OH assessments before I did the CBT course. It has been the most useful training I have ever done."**

Louise Weald, OH Advisor, Multichannel Customer Experience Ltd

# Course details

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

## 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

## 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 dates, entry criteria, teaching methods and assessment

## Course format and dates:

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

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

#### Wednesday 22 January – Friday 24 January 2020

Day 1: 10.00am - 4.15pm

Day 2: 9.30am - 3.45pm

Day 3: 9.30am - 3.45pm

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

#### Thursday 27 February – Friday 28 February 2020

Day 4: 10.00am - 4.15pm

Day 5: 9.30am - 3.45pm

A course drinks reception is held on 22 January 2020 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 (WMFS), 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. He has recently undertaken research within WMFS and is using the results to implement an evidence-based programme aimed at ensuring Mental Health First Aid advocates have the support and training they need.

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 is the module lead at the newly developed BSc, MSc module in emotional resilience at Staffordshire University.

Alan and Sharon are co-directors of Working Minds 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, depression and has a specialist interest in trauma. She works with the NHS within a specialist clinical team for patients with fibromyalgia, persistent pain and CFS.

She has over 15 years' experience specifically within OH and works with a number of large businesses providing specialist OH CBT clinics and training. She is an accredited member of the British Association for Behavioural and Cognitive Psychotherapies (BABCP), registered with the United Kingdom Council for Psychotherapy (UKCP), the Health and Care Professions Council (HCPC) and is an affiliate of the Society of Occupational Medicine. She has presented her work on occupational mental health and sickness absence 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 mental health at Staffordshire University. He has recently completed training in Eye Movement Desensitisation and Reprocessing therapy (EMDR) and specialises in providing CBT/EMDR, training and supervision in the context of OH. He is currently leading a research project evaluating the impact of resilience building programmes and 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 in managing OH services, OH law, mental health and case management with the support of Brunel University London. 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 is part of the College of Health and Life Sciences at Brunel University London. It specialises in courses that enable graduates and postgraduates 'to make a real difference to the world around them'. The Department has four divisions i) Occupational Therapy and Community Nursing, ii) Physiotherapy and Physician Associate, iii) Social Work and iv) Health Sciences. Brunel University London aims to be a key part of health research in the UK. For more information, please visit [https://www.brunel.ac.uk/](http://www.brunel.ac.uk/)

# Booking Form

## Certificate in Cognitive Behavioural Therapy Skills for OH Professionals, London, January – February 2020

Please book places for \_\_\_\_\_ delegate(s), at the rate of:

**Early bird rate:** for bookings paid **before** 10 December 2019

- £1699 + VAT (£2038.80) per delegate or  
 £1499 + VAT (£1798.80) per delegate, reduced rate for NHS Health at Work network members

### First delegate

Title \_\_\_\_\_  
First name \_\_\_\_\_  
Surname \_\_\_\_\_  
e-mail address \_\_\_\_\_  
Position \_\_\_\_\_

### Organisation details

Organisation \_\_\_\_\_  
Address \_\_\_\_\_  
Postcode \_\_\_\_\_  
Tel \_\_\_\_\_

To process your order, we keep your details securely on our database and we NEVER pass on your details to 3rd parties. We'd like to keep you updated about relevant events and information from the At Work Partnership. You can unsubscribe at any time by emailing info@atworkpartnership.co.uk. To receive our updates, please tick the boxes below:

- Yes – update via *post, email and phone*.  
 Yes – by *post* (for training info and journal samples – usually 5x per annum).  
 Yes – by *email* (for the free monthly OH email newsletter).  
 Yes – by *phone* (we are very unlikely to call unless it is for a specific reason)  
 No, please do NOT contact me via any method.

**I have read and agree to the cancellation terms:** Authorised signature \_\_\_\_\_

(This booking is not valid unless signed)

### Administration

#### Venue

12 Bloomsbury Square Training Centre, London, WC1A 2LP. Tel: 020 7421 7444. The fee includes lunch, documentation and refreshments.

#### Booking procedure

Due to high levels of interest in this course, please call us on 0208 344 2328 to reserve a no-obligation provisional place. We can hold this for a maximum of 30 days

#### Cancellation terms

For cancellations received in writing 28 days or more before the course commences, we will provide a refund, less a 10% cancellation fee. If the cancellation is received less than 28 days before the course start date, no refund will be made. At any time before the course commences, we will accept an alternative delegate from your organisation. Refunds are not available to delegates who fail to attend after confirming a booking. Transfers to future courses can only be arranged up to 28 days prior to the start date of the course booked, subject to a £75 + VAT administration fee.

#### 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 three 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

#### Attendance requirements

Delegates must attend a minimum of 80% of the course. This is essential in order to undertake the assignment and gain the Certificate.

**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.**

19/12 CBT

## BOOK NOW and return your completed form to:

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**Post:** The At Work Partnership Ltd, Office 1(i), Highstone House, 165 High Street, Barnet, EN5 5SU  
**Telephone:** 0345 017 6986 or 0208 344 2328 **e-mail:** conferences@atworkpartnership.co.uk

**Book online** [www.atworkpartnership.co.uk](http://www.atworkpartnership.co.uk)