

qualification



Certificate in Cognitive Behavioural Therapy Skills for OH Professionals

Part One: 9 – 11 March 2022

Part Two: 28 – 29 April 2022

A virtual course

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



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 on Zoom over two months in a two-part format:

Part One (Days 1-3):

Wednesday 9 March – Friday 11 March 2022

Day 1: 9.55 am – 4.30pm

Day 2: 9.25am – 4.00pm

Day 3: 9.25am – 4.00pm

Part Two (Days 4-5):

Thursday 28 April – Friday 29 April 2022

Day 4: 9.55 am – 4.30pm

Day 5: 9.25am – 4.00pm

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, visiting fellow at the University of Staffordshire, and a director at Working Minds UK.

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 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.

Sharon Wilday MSc, SROT, Dip COT

Sharon is a consultant cognitive behavioural psychotherapist and honorary clinical lecturer at the University of Birmingham.

In her work, she helps both individuals and organisations manage the complex factors that affect wellness and performance in the workplace. She works with clients treating a range of conditions, from general anxiety to clinical depression and chronic pain problems. She has also recently qualified as an EMDR practitioner.

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. She is an affiliate of the Society of Occupational Medicine. She has presented her work on occupational mental health and sickness absence at 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

About Brunel University London, Department of Clinical Sciences

Brunel University London's College of Health, Medicine and Life Sciences runs the NMC accredited Specialist Community Public Health Nursing (SCPHN) for entry on Part 3 of the NMC register for three pathways namely OH, Health Visiting and School Nursing. Part 3 registration is sought by many OH employers. The College prides itself on delivering high quality professional and public health education in line with the University's mission "to bring benefit to society through excellence in education, research and knowledge transfer".

Find out more at:

www.brunel.ac.uk/study/postgraduate/Specialist-Community-Public-Health-Nursing-PGDip-and-MSc

www.brunel.ac.uk/study/undergraduate/Specialist-Community-Public-Health-Nursing-BSc

Booking Form

Certificate in CBT Skills for OH Professionals

9 – 11 March and 28 – 29 April 2022



A B C D E F G

Early bird rate:

For bookings paid **before** 15 January 2022

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

Main rate:

For bookings paid **after** 15 January 2022

- £1899 + VAT (£2278.80) per delegate or
 £1699 + VAT (£2038.80) per delegate, reduced rate for NHS Health at Work network members

Title	First name	Surname
Position	Organisation	
Address		
Tel		
Email	VAT No. for overseas orders only	

Printed documentation: Printed documentation will arrive with paid delegates by 4 March 2022.

What is your preferred address for receipt of this documentation?

- My work/main address above Alternative address below

Mobile no. (for documentation) Email: (for zoom links)

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

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(This booking is not valid unless signed)

Administration

Venue

The event will be held on Zoom. Details will be sent in your administration details.

Bookings

Due to high levels of interest in this course, please call us on 0345 017 6986 or 0208 344 2328 to reserve a no-obligation provisional place. We can hold this 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. Zoom links will be sent to paid delegates approximately one week before the event. If you have not received these 3 days before the event, please telephone us on 0208 344 2328, or e-mail conferences@atworkpartnership.co.uk

Cancellation policy

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.

Printed documentation

Printed documentation will be posted to arrive with paid delegates 3 working days before the event. Please provide a home address/preferred address above for receipt of this documentation.

Zoom

If necessary, we can arrange rental of laptop/iPad for a small additional fee.

Attendance requirements

Delegates must attend at least 80% of the course in order to undertake the assignment and gain the Certificate.

Special requirements

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

Payment information

Course price: £1899 + VAT per delegate (or £1699 + VAT for NHS Network members). Bookings made and paid by 15 January 2022 will be charged at the Early Bird Rate of £1699 + VAT per delegate (or £1499 + VAT for NHS Network members). Bookings made before 15/1/22, but not paid by this date, will be charged at the higher main rate.

Printed documentation will be sent to you by post and is included in the price.

The fee must be paid in advance of the event. Invoices will be sent when a booking is received, and payment can be made:

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

N.B. Please do not email a PDF of this form with your credit card details.

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.

22/03 CBT

BOOK NOW and return your completed form to:

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Post: Bookings, The At Work Partnership Ltd, Office 3A, Highstone House, 165 High Street, Barnet, EN5 5SU

Telephone: 0345 017 6986 or 0208 344 2328 **e-mail:** conferences@atworkpartnership.co.uk

Book online at www.atworkpartnership.co.uk