

# CBT For Depression

*Dr Paul Blenkiron, Consultant Psychiatrist, Tees, Esk & Wear Valleys NHS Foundation Trust*

**Thursday 22nd June 2023**

Leeds (Venue TBC)

9am Registration, 9.30am Welcome and 4.30pm, Close

**You do not need to have had any prior training on CBT to attend this course.**

Depression is a leading cause of disability worldwide. Updated guidelines for depression (NICE, 2021) recommend Cognitive Behaviour Therapy as a key evidence-based treatment for mild, moderate, severe and recurrent depression. This is being implemented across the NHS via IAPT and through the transformation of secondary care mental health services. Cognitive therapy helps patients modify unhelpful patterns of thinking. Behaviour therapy breaks the vicious cycle of doing less through 'behavioural activation' and mindfulness involves developing an awareness of one's own thoughts without becoming involved.

This course aims to allow delegates to...

- Understand the basic principles of CBT for depression
- Motivate patients towards practical change using Socratic questioning, a personalised formulation, thought records and activity diaries
- Troubleshoot common problems when applying CBT

## About our speaker:

Paul Blenkiron is an NHS consultant psychiatrist and Honorary Professor at Hull York Medical School. He was awarded a NICE Fellowship in 2011 and voted RCPsych 'Psychiatric Communicator of the Year' 2016. He is CBT Tutor for TEWV NHS Foundation Trust and a national RCPsych trainer. As a practising BABCP-accredited therapist, Paul has 20 years' experience of integrating CBT into front-line practice. He also acts as advisor to Reading Well - England's first National Books on Prescription scheme and is the author of 'Stories and Analogies in CBT'.



## Course Fees:

**£220.00**

All learning materials, lunch and refreshments are included.

## Reservations:

Please complete the reservation form and send to:  
andrewsimscentre.lypft@nhs.net

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

## Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

## This conference is suitable for:

Healthcare professionals working within mental health



# Andrew Sims Centre Reservation Form

Course Title: **CBT FOR DEPRESSION**

Date: **THURSDAY 22ND JUNE 2023**



Leeds and York Partnership  
NHS Foundation Trust

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our fortnightly email Newsletter, please tick [ ]

## COURSE FEES

[ ] One Place £220.00

## BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 5)

- 1. ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with credit or debit card
- 2. TELEPHONE:** 0113 855 5638 with credit or debit card
- 3. BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC220623-DELEGATENAME
- 4. INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....  
Purchase Order Number .....
- 5. LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....  
Budget Code: .....  
Budget Holders signature .....  
Budget Transfer will occur in **June 2023**

**All Payment must be received in advance of event.**

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and email it to [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net). Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

## VENUE

Leeds venue TBC

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]