Cognitive Behavioral Therapy (CBT) Course

Organized by: King Faisal Specialist Hospital Research Center in Jeddah
Oxford Cognitive Therapy Center, Oxford University, UK

parts 1 & 2 from 5-8th Jan 2008 - parts 3 & 4 from 15-18th Mar 2008
King Faisal Specialist Hospital – Jeddah, KSA
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Dear Colleagues,

we invite you to attend the CBT course in King Faisal Specialist Hospital & research Center, Jeddah in collaboration with Oxford University in Jan & Mar 2008. See Attachment. Please forward to the people who might be interested regards,

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Workshop I: from 5-8th January, 2008
Part 1: Assessment and Formulation

- 2 day workshop: Dates: 5-6 Jan, 9:00 am – 5:00 pm

This workshop will give participants a grounding in the fundamental skills of using CBT. The workshop incorporates a brief introduction to basic CBT theory, but the main aim is to teach participants the CBT skills of assessing clients and producing CBT formulations, or case conceptualisations, of their problems. The workshop is focused on practical clinical skills, and therefore the bulk of the work involves role-playing. The workshop leaders will role-play clients, and workshop participants in small groups will follow through the different stages of assessment, finally producing a CBT formulation for the ‘client’.

Presenters: Martina Mueller and James Bennett-Levy
Venue: KFSHRC Auditorium
Maximum number of places: 40

Part 2: Basic therapeutic skills

- 2 day workshop: Dates: 7-8 Jan, 9.00am - 5.00pm

This workshop extends on the Assessment and Formulation workshop, and aims to give participants an introduction to some of the basic strategies used in CBT. These include agenda setting, identifying and evaluating negative thoughts, using guided discovery (“Socratic questioning”), goal setting, and the use of homework. As with Part I, the workshop involves role-playing in small groups, in order to give participants hands-on experience and feedback of clinical strategies.

Presenters: Martina Mueller and James Bennett-Levy
Venue: KFSHRC Auditorium
Maximum number of places: 40

Workshop II: consists of parts 3 & 4

- Dates: 15-18th March, 2008

Parts 3 & 4 build on Parts 1 & 2 of the course, and aim to give participants an introduction to specific models and ways of working with some problems commonly encountered in clinical practice. The workshops will be skills based, and give participants opportunities to practice techniques relevant to the specific problems.

Part 3: Working with depression

- 2 day workshop: Dates 15-16 Mar, 2008: 9.00 am - 5.00pm

The aim of this workshop is to develop and refine some of the basic skills learned in Parts 1 and 2, and integrate them in the context of working with clients with depression. Particular issues addressed will include: engaging hope, countering
withdrawal and inactivity, and dealing with negative automatic thoughts and suicidal ideation. The workshop will provide plenty of opportunity to practise therapy skills derived from the cognitive model of depression.

Presenter: David Westbrook
Venue: KFSHRC Auditorium
Maximum number of places: 40

Part 4: Working with common anxiety problems