

## **CBT plus, for Lifestyle Issues affecting mental and physical well-being.**

**3-day course : 2nd - 4th October 2023, 10.00-4.00pm  
each day (webinar via Zoom)**

### **Executive Summary:**

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This course combines CBT and Motivational Interviewing to provide a powerful way of helping people to recognise lifestyle issues and to do something about them. This is important because of the current widespread recognition that lifestyle issues are inextricably linked with physical and mental wellbeing. Issues from smoking, drinking, exercise, and substance misuse, through to eating more healthily are all addressed.

### **Who should attend?**

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Professionals who see patients in 1:1 treatment settings, have a significant degree of clinical skill, and wish to become proficient in helping their clients address lifestyle factors affecting their wellbeing.

The professional affiliations of people attending this course include: mental health/psychiatric nurses, social workers, occupational therapists, clinical psychologists, psychiatrists, probation officers and others working in a variety of settings including: Substance Misuse, Forensic, Adult Mental Health, and Children & Adolescents.

### **Course Subjects:**

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- Definition and description of CBT and Motivational Interviewing, including the 'spirit' in which they are delivered.
- Reflective Listening and OARS skills.

- Identifying the goals the client wants to move towards ... and the goals that would work well for the client if only they did want to move towards them.
- Giving advice in a way that it is likely to be acted on.
- Generating change talk (where the client talks about changing) and responding to it in a way that develops and encourages it.
- Responding to sustain talk (where the client talks about sustaining the way they are right now) in a way that doesn't encourage it.
- Delivering the included information sheets on lifestyle issues.
- Developing hope and confidence that change is possible and worthwhile.
- Negotiating a plan of change, and judging when they are ready for this. The difference between an aspiration and a plan.
- Strengthening the client's commitment to the plan.
- Working with groups and applying all the principles we have covered.
- How you can continue to develop your skill after the course.

## What this course will do for you. You will...

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- Properly know about and be able to use a combination of CBT and Motivational Interviewing to help people address lifestyle issues.
- Work on-to-one or in groups.
- Know that a person's ambivalence about changing is a natural thing that we can work with effectively.
- Be able to generate motivation in people who are not motivated.
- Be able to help people form constructive plans, and have downloadable resources to assist you with this.
- Be able to boost people's faith in their own ability to succeed.
- Know how to respond constructively when a person is 'resistant'.

- Know how to give advice, and be able to do that skilfully and in a way that is likely to be acted upon.

## What you receive as a result of attending the training:

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You will be registered as having attended the course, thereby gaining APT's Level 1 accreditation, and receive a certificate to this effect. The accreditation gives you access to online resources associated with the course and access to the online exam if you wish to uprate your APT accreditation to Level 2.

Your registration lasts indefinitely, and your accreditation lasts for 3 years and is renewable by sitting an online refresher which also upgrades your accreditation to APT Level 2 if you are successful in the associated online exam.

APT-accreditation is probably the most valid and transparent accreditation system currently available to professionals in mental health and related fields. See [APT accreditation](#) for full details.

Please note:

Delegates will each need access to their own computer as the course is designed to be interactive.