

Flexible Professional Development Module

CBT for Older People

20 postgraduate-level credits

Venue: Reading University

This training is relevant to all mental health workers that are using psychological treatments with older adults. Cognitive behavioural therapy is an effective treatment for a range of mental health problems across the age range and the proportion of older adults who require CBT is steadily increasing. The aim of this course is to enable the student to both understand and apply therapeutic issues and CBT to this population.

Module content

- Assessment of mental health problems in older adults
 - General issues
 - Specific issues for older adults
 - Standardised measures
 - Role of neuropsychological testing
- Adapting CBT for depression and anxiety in older adults without dementia: the evidence-base and manuals
- Physical and mental health interface in older adults

The teaching will take place in a one week block in May 2011, and be a mixture of e-learning and face-to-face teaching with DVD demonstrations, group discussion, didactic components and experiential learning. The training will be provided by BABCP accredited therapists from the University of Edinburgh who are experts in CBT for older adults. Prior CBT experience is necessary for this course.

Assessment:

Assessment comprises one 2 hour exam.

Cost

The cost is £750, including all course material, lunch, refreshments and assessment.

Prior learning will be assessed on a case-by-case basis.

For further information on this and other modules email cwi@reading.ac.uk or tel 0118 378 6668

www.reading.ac.uk/charliewaller