

	15.00 – 16.30	Review of Module 1	Brian Fitzmaurice
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Module 2: Behavioural Tasks, Agenda Setting, and Using Homework

Date	Time	Lecture	Facilitator
<i>Wednesday 23rd January</i>	9.30-16.30	Behavioural tasks 1: Behavioural interventions in anxiety ➤ exposure and habituation	Lucy Roberts <i>Aim: to introduce exposure and habituation in the treatment of anxiety</i>
<i>Thursday 24th January</i>	9.30-13.00	CBT Model of Depression	Jayne Grimes
	14.00 – 16.30	CBT Model for Phobic Anxiety	Debbie Van Tonder
<i>Friday 25th January Classroom 2 Nurse Education Centre</i>	9:30 – 11.00	SP/SR – Personal Goal Setting	Eileen Maher
	11:30 – 13.00	OSCE Practice session – Explaining Rationale for CBT	Eileen Maher
	13.30-14.00	Talk on the CBT Postgraduate Courses	Brian Fitzmaurice & Craig Chigwedere
	14.00-16.30	Behavioural tasks 2: Behavioural interventions in depression behavioural activation	Eileen Maher <i>Aim: to introduce to basic behavioural intervention of exposure and habituation and linking to learning theory, show how this is used with different problems</i>

<i>Thursday 14th February</i>	9.30-11.00	SP/SR – Activity Scheduling	Eileen Maher
	11.30-13.00	OSCE Practice session – Goal Setting	Eileen Maher
	14.00-16.30	Use of Homework in CBT	Caoimhe Black
<i>Thursday 21st March</i>	9.30-11.00	SP/SR – Identifying a maintenance cycle	Eileen Maher
	11.30-13.00	OSCE Practice session – Identifying a maintenance cycle	Eileen Maher
	14.00 – 16.30	CBT Model for Panic	Eileen Maher
<i>Monday 8th April</i>		<i>Reflective Essay Submission Day</i>	

Module 3: Achieving Behavioural Change, Working with Thoughts & CBT Case Conceptualisation

Date	Time	Lecture	Lecturer
<i>Wednesday 10th April</i>	9:30 – 11:00	SP/SR – Working with a Thought Diary	Eileen Maher
	11:30 – 13.00	OSCE Prep - Agenda Setting	Eileen Maher
	14.00 - 16:30	CBT approaches for OCD Exposure and Response Prevention	Debbie Von Tonder
<i>Thursday 11th April</i>	9:30- 13:00	Longitudinal case conceptualisation ➤ levels of conceptualisation	Caoimhe Black

	14.00 – 16:30	<ul style="list-style-type: none"> ➤ Longitudinal case conceptualisation ➤ Idiosyncratic problem conceptualisation <p>Theoretical models of change</p> <ul style="list-style-type: none"> ➤ The theoretical underpinnings of exposure ➤ The theoretical underpinnings of behavioural experiments ➤ The theoretical underpinnings Cognitive challenging ➤ The theoretical underpinnings of de-centring 	<p>Brian Fitzmaurice</p> <p>Aim: <i>To introduce the basic principles underpinning the main CBT intervention and the general application of such models in practice.</i></p>
Friday 12 th April	09:30 – 11.00	SP/SR Blueprint Exercise	Eileen Maher
	11.30 – 13.00	OSCE Practice Session – Homework Setting	Eileen Maher
	14.00-16.30	<p>Working with thoughts 1: Depression</p> <ul style="list-style-type: none"> ➤ Intro to depression related cognitions and maintenance cycles ➤ Using the three-column thought record ➤ Identifying negative automatic thoughts 	<p>Siobhan Lydon</p> <p>Aim: <i>To introduce the role of cognitions in anxiety presentations and how to work with them.</i></p>
Thursday 9th May	10.00 – 13.00	<p>Working with thoughts 2: Anxiety</p> <ul style="list-style-type: none"> ➤ Cognitions as the differentiating factors in anxiety 	<p>Magdalena Listwan</p> <p><i>To introduce to basic cognitive interventions for depression</i></p>

	14.00-16:30	<ul style="list-style-type: none"> ➤ Identifying anxious cognitions: the thought emotion link in anxiety ➤ Thought monitoring in anxiety <p>Changing unhelpful thinking patterns with adults</p> <ul style="list-style-type: none"> ➤ using the 5-column thought record and other sources of information ➤ surveys ➤ Continuum/perspective of others ➤ Behavioural experiments 	<p>Magdalena Listwan <i>To introduce different techniques for targeting cognitive change in adult populations</i></p>
<i>Thursday 20th June</i>	9.30 – 11.00	OSCE examination Group 1	Examiners (tbc)
	11.30- 13.00	OSCE examination Group 2	
	14.00- 15.00	MCQ	
	15.00 – 15.30	Developing and Maintaining CBT informed Skills	

Friday 11th July

Results will be posted to the address that you provided on your application form.