Dr Stirling Moorey  
SLaM and IOPPN  

Wednesday, 17th October 2018  
Venue: Local to Reading

CBT for People with Cancer

**Introduction:** This workshop will outline an approach to working with anxiety and depression in the setting of cancer and other life threatening physical illness. The basic principles of CBT still apply but being with people whose life expectancy may be limited can be daunting and deskilling. Nevertheless working with life threatening illness can be a rewarding and inspiring experience.

**Content**

This workshop will introduce participants to some of the physical and psychological aspects of cancer and its treatment. A psychological model of adjustment to cancer, together with an overview of CBT for cancer, will be presented. Participants will hopefully discover that they already have many of the skills needed to work effectively with this patient group, but three areas will be considered where standard CBT may need to be modified:
1. engaging patients whose physical symptoms are the primary cause of distress,
2. working with patients whose physical symptoms restrict their capacity to engage in behavioural work, and
3. working with patients’ and therapists’ negative thoughts about realistically adverse situations such as physical symptoms, disability and poor prognosis.

**Learning objectives:**

1. To understand the general principles of using CBT in cancer.
2. To use the formulation to understand the interaction between the patient’s underlying beliefs and the threats posed by cancer.
3. To use the formulation to engage patients with physical illness.
4. To understand how to use behavioural techniques with patients who are physically unwell.
5. To apply CBT to hopelessness in the face of a realistic negative prognosis

Training modalities
The workshop will be interactive and include both experiential and didactic teaching and videos. Participants will have a chance to formulate a case and discuss their own cases.

Key references:

About the presenter:
Stirling Moorey is Consultant Psychiatrist in CBT, South London and Maudsley NHS Trust, and Visiting Senior Lecturer in CBT at the Institute of Psychiatry, Psychology and Neuroscience. He has over 30 years experience of training mental health professional in CBT and has a special interest in the application of CBT to adverse life experiences. He has contributed to 5 randomised controlled trial for people with cancer and is co-author with Steven Greer of the Oxford Guide to CBT for People with Cancer.

Cost of 1-day workshop: £130 including lunch

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