

## **Cognitive Therapy: Myth or Reality**

### The Workshop ... Why?

Forty to sixty percent of patients presented to a primary care clinic have psychological problem(s). Although pharmacological therapy is of help in some, others may benefit from a “drug-free” approach. Cognitive therapy (CT) is the fastest growing form of psychotherapy. Its rapid growth has been attributed to its clarity and proven effectiveness.

### Objectives

- 1- Appreciate the importance of CT
- 2- Recognize patients who may benefit from CT
- 3- Know the limitations of CT
- 4- Practice completing a thought record

### Format of the Session

- 1- Lecture
- 2- Review of vignettes
- 3- Active participation in filling a thought record

### Target Audience

1. Family physicians
2. General practitioners
3. Psychologists

### Program

1. The Stressed Patient
2. Introduction to Cognitive Therapy
3. Thought Record – a Case of Depression
4. Case Review (Panic Disorder)
5. Evaluation