



Psychological Perspectives in Primary Care (PPIPCare)

What is PPIPCare?

The PPIPCare programme offers professional, evidence-based training and development opportunities in [advanced clinical consultation skills](#) and CBT techniques to doctors, nurses and other health and social care professionals to

- Improve the effectiveness of consultations and build resilience through supporting **self-care and self-management**
- support an **integrated approach** to physical and associated psychological distress in clinical consultations, including **Long Term Conditions and Medically Unexplained Symptoms (MUS)**.
- enable health and social care professionals to offer optimal immediate help to those suffering with **mild to moderate depression and anxiety**

What exactly is on offer?

This RCGP accredited programme consists of a 2 streamed approach with short Toolkit modules (30, 60 or 90 minutes) which cover techniques and frameworks as well as 5 longer (half day) teaching modules for more in-depth skills development (10 minute CBT Master Classes). Details below.

The Toolkit Modules

1. **[Detecting Anxiety and Depression](#)**: This module has been designed to enhance existing clinical skills and give health and social care professionals the opportunity to reflect upon (a) the difficulties that clinicians may face in diagnosing depression and anxiety, and (b) how best these can be overcome or minimised
2. **[Motivational Interviewing techniques](#)**: This module describes a simple method of engaging patients and facilitating change, be it in mental health or long term physical conditions. It has been specifically designed for use within health care settings and has the potential to be of use for patients who are considering any form of behaviour change e.g. lifestyle changes, weight loss, smoking cessation, medication issues etc.
3. **[Problem Solving techniques](#)**: This module discusses a number of simple techniques which are drawn from problem solving therapy. It is particularly relevant for patients with anxiety and/or depression, for whom problem solving may be a particular challenge, but is also highly relevant for anyone who has to deal with problems in everyday living (i.e. everyone).
4. **[Behavioural Activation techniques](#)**: This module describes techniques taken from full behavioural activation therapy and may be particularly relevant for mildly depressed patients. It is a simple and often fast-acting technique that seeks to introduce relevant pleasant activities to those with chronic low mood in order to break the cycle of withdrawal and foster a sense of enjoyment, pleasure and mastery

5. **Guided Self Help:** This module describes how doctors, nurses and other health and social care professionals can support patients to work through self-help material (self-help is up to 10 times more effective when it's guided than when it isn't). It will also cover a selection of appropriate self-help materials, and reviewing progress.
6. **Detecting Depression and Anxiety in Older Adults:** This module supports health and social care professionals to look for depression and anxiety in older adults and distinguish this from 'old age complaints'. CBT treatment is very effective in treating older adults suffering with depression/ anxiety and it is important that a diagnosis and a referral for treatment is made where indicated.

The longer sessions, the **PPiPCare '10-Minute CBT' Skills Master Classes** includes 5 training modules covering CBT skills and interventions in more depth. Each module is delivered in a 3-hour session and is supported by a training DVD which demonstrates use of the models and techniques. These longer training sessions teach a wide range of interventions that can be used in a standard 10-minute patient appointment for those with mental health problems, long term physical health problems and those patients suffering with health anxiety and medically unexplained symptoms.

Module 1: Introduction to the CBT model and consultation skills: An Introductory module which is a **pre-requisite** for attending the rest of the **10-Minute CBT' Skills Master Classes**.

By the end of the session, participants should be able to:

- Improve their understanding of common mental health problems and chronic disease from a CBT perspective
- Formulate simple problems according to the five areas or cognitive-behavioural model
- Develop their communication skills based on the primary care CBT competencies scale
- Improve their knowledge of relevant CBT change strategies and how these can be used in health care settings
- Use key strategies for managing time pressures in health care settings

Module 2: Clinical applications: Depression: teaches CBT approaches that can be used when working with people experiencing depression.

Module 3: Clinical applications: Anxiety and Panic: integrating the CBT model and techniques in current practice when working with people who experience anxiety and panic

Module 4: Physical Health and Long-term Conditions: uses a similar approach to psychological and emotional problems that tend to accompany physical conditions.

Module 5: Health Anxiety and Medically Unexplained Symptoms offers frameworks, techniques and skills to better manage those patients suffering with health anxiety and medically unexplained symptoms.

The modules have been selected by doctors, nurses and other health professionals and written by experts in the field, including Professor Christopher Martell, Professor Stephen Rollnick, Professors Nezu and Dr Lee David who developed the '**10-Minute CBT**' concept.

They are not designed to replace the Improving Access to Psychological Therapies (IAPT) talking therapies services nor are they designed to turn health and social care professionals into psychological therapists. They provide development opportunities to enhance consultation skills so that patients receive better quality, integrated care and health and social care professionals will make more effective use of the limited time available for consultation.

For all modules, attendees are encouraged to bring their own case examples for discussion.

CPD certificates can be issued.

For more information and to discuss your requirements, please contact Healthy Minds:

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