King's *College* LONDON

Cognitive Behavioural Therapy for Diabetes

A short course in Cognitive Behavioural Skills for diabetes professionals

Modules

Module 1

Introducing CBT and diabetes

CBT basic skills, including building a five areas formulation and supporting diabetes distress

CBT for diabetes specific problems: fear of hypoglycaemia

CBT for disordered eating in diabetes: fear of insulin as weight gain

Entry criteria

- A pass or higher in an undergraduate degree from a science cognate area such as nursing, medicine, psychology or biological sciences

- Successful completion of the pre-requisite sister module, Cognitive Behavioural Therapy Principles for Diabetes, or evidence of an alternative Introductory module on Cognitive Behavioural Therapy (for Skills-Based Learning from Practice)

VOICE OF THE ACADEMIC

'This course will build your skills and confidence in supporting the mental health of people with diabetes.'

Professor Khalida Ismail, Consultant Liaison Psychiatrist in Diabetes

Cognitive Behavioural Therapy for Diabetes module overview

Lead by Dr Amy Harrison and Professor Khalida Ismail, Cognitive Behavioural Therapy for Diabetes Module 1 is a six-week short course delivering practical, intensive, and detailed training to provide knowledge and skills in a diabetes-specific cognitive behavioural therapy (CBT) model and its applications in clinical practice.

This course will be delivered online using the Keats platform, allowing you the flexibility to fit study around personal and professional commitments. Teaching content will be in the form of videos, audio files and written information that you will engage with in your own time, and the skills will be implemented in the weekly online teaching sessions on Tuesdays 15.15 – 17.30 (GMT).

We are planning to deliver future modules with credits towards a Post Graduate Certificate in Cognitive Behavioural Therapy for Diabetes.

For more information and course enquiries please email deo@kcl.ac.uk

Fees and course dates £

Fees:
Module 1: £1431
Module 2: TBC

Delivery:
Online

Dates:
Module 1: September 2023

Module 2: TBC

Online teaching: Tuesdays 15:15 – 17:30 (GMT)

More online

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